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TEACHER DIES IN BIKE CRASH

Inside

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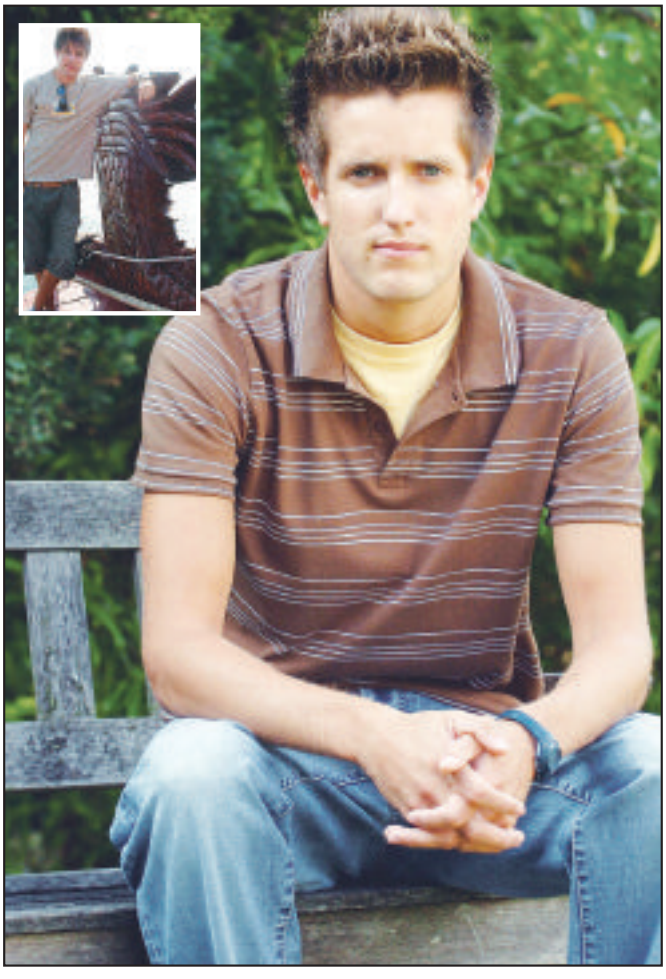

Dedicated traveller: Will Nelson was keen to explore the world and, inset, Mr Nelson on one of his many adventures Deadlinepix TK2783

Hurricane survivor killed in South Korea

by HELEN CRANE
hcrane@london.newsquest.co.uk

An Epsom man who survived the ravages of Hurricane Katrina in New Orleans three years ago has been killed in a road accident in South Korea.

Will Nelson, an experienced traveller, was working in Seoul teaching English at a school when he was knocked off his bicycle and killed instantly.

Mr Nelson, 24, a graduate from Loughborough University, and a former pupil of Therfield School, Leatherhead, was dedicated to exploring the world and had already taught in Japan before moving on to South Korea.

Pages of tributes to him have been left on the social networking site Facebook, including a tribute from fellow Epsom man Peter Henry, who was rescued with Mr Nelson from New Orleans three years ago.

Mr Nelson's parents Keith and Anne, live in Fir Tree Road, Epsom Downs.

After leaving university Mr Nelson completed a course to qualify him to teach English as a foreign language.

His father said: "He had done a fair bit of travelling in his short life and he wanted to combine something useful with travelling.

"He got on very well with people – they related well to him and he was always good with children – he could always get a good response from them. He was highly valued by the school where he was teaching."

Three years ago Mr Nelson was working for Camp America and had decided to take a trip to New Orleans before returning home when Hurricane Katrina struck.

He and Mr Henry were travelling independently but met up during the horror of the hurricane and its aftermath when they were holed up in the Superdome and watched as civilisation broke down around them.

"It was mob mentality. Some things I saw I never want to see again," Mr Nelson told the Epsom Guardian after his return home.

"They were bringing weapons into the dome and trying to shoot down rescue helicopters."

He and other survivors huddled together in filth in overwhelming heat with little food or water while mayhem raged around them, including murders, rape and suicides. Eventually they were rescued by the US army, and evacuated to a hotel and then to Dallas for the journey home.

A memorial service has been held in Korea but Mr Nelson's funeral will be held in this country so his friends can attend.

Peter Henry's message on Facebook read: "I still can't believe it is true and expect to see you in the Slug [Slug and Lettuce pub] in Epsom – hurling a bit of sarcasm at each other – sharing a pint or two, going over travel stories and the infamous New Orleans.

"You are someone who never deserved a bad thing to happen to them – a great bloke."

Did you know Mr Nelson? Leave your tributes at yourlocalguardian.co.uk

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Seven days, seven events

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Pre-school children will be able to enjoy a morning of bounce and rhyme at Richmond lending library.

Friday
Kingston University's Professor Gail Cunningham chairs a discussion on 19th century women in theatre at the Rose Theatre.

Saturday
Second-hand and rare books go on sale at Banstead book fair, the Church Institute, High Street.

Sunday
Chiswick Community School is hosting a car boot sale.

Monday
South West London Choral Society rehearses at Balham Baptist Church.

Tuesday
Richmond Art Society presents a lecture on the Futurists at Vestry House, Paradise Road.

Wednesday
Epsom Playhouse shows The Assassination of Jesse James by the Coward Robert Ford.

For hundreds more events go to yourlocalguardian.co.uk/events

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Video news

Reporter James Pepper is put through his paces by Olympics triathlon experts. For more news online, go to yourlocalguardian.co.uk

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Contact yourlocalguardian.co.uk out of hours on 020 8330 9563

Light up the town around Christmas

by HELEN CRANE
hcrane@london.newsquest.co.uk

More money will be soon be flowing into the Christmas lights fund to brighten up Epsom High Street.

Marks and Spencer and Epsom scouts are joining forces to raise more cash for the cause.

The High Street store is to allow the scouts to offer a weekend bag packing service to the public in exchange for a donation to the Christmas lights fund.

Other stores are to display collection tins on their counters in the hope of persuading the public to make a contribution. And in the next couple of weeks county councillors will make a decision on how much of their allowances to be spent on local causes and projects can be spent on the Christmas lights fund.

Councillor Neil Dallen, who is spearheading the campaign to bring some festive lights to the town, said there was still time for members of the public to contribute to the campaign to put the town on the map during the Christmas period.

He said he is looking at several designs before he and his colleagues make a final decision on the lights.

He said: "We are talking with suppliers to make sure we haven't missed the deadline, and we are still in time so we are on target. It is all looking good. We will make the final decision on the design over the next few weeks."

❑ **Do you want to help? Contact the Epsom Guardian using the details on the bottom of this page.**

Campaign: Coun Neil Dallen wants to bring some festive cheer to the town Deadlinepix NO2814

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VFD

Police: 'We will take away criminals' homes and cars'

by LOUISE ROBERTSON
lrobertson@london.newsquest.co.uk

Hitting criminals in the pocket is the ultimate deterrent against a life of crime, according to a senior police figure in Surrey.

Detective Inspector Gary Burn, of Surrey Police, said confiscating a criminal's home and expensive cars was one of the greatest threats the police could deliver.

Consequently, Surrey Police are expanding their resources to continue recovering money and assets bought using the proceeds of crime.

"If someone has a lifestyle made from criminal activity and we take it away from them and they are left homeless then it is the ultimate threat," said D Insp Burn.

The Proceeds of Crime Act (Poca) allows police to seize assets made from crime and hits a growing number of offenders who just see prison as an occupational hazard.

The two types of seizures are confiscations – assets that are centralised for redistribution – and forfeiture, where the police are rewarded funds from courts.

During 2007-8, Surrey Police obtained £1,534,000 from 25 confiscation orders and 29 cash forfeiture orders at a value of £222,873. The irony is that the criminal's effectively fund their own capture, as seized funds are re-invested into fighting crime.

Four divisional financial analysts, a financial analyst supervisor and a researcher have been employed by Surrey Police on the back of Poca, allowing more time to be spent monitoring the funds generated by criminal activity.

"Anything they own can be confiscated. Cars, cash, jewellery, Rolex watches, Porsches and plasma screen televisions," said D Insp Burn. "If they have a fetish for designer clothes then we can take them. You can literally take the shirt off someone's back, but we have to be sensible."

The most D Insp Burn could remember being seized in one go was £650,000, from a couple running a prostitution ring

This record may be broken once the confiscation order of a Surrey drug trafficking ring, convicted in August, has gone through.

Police stripped drug baron Sean Lynch, of Warlingham in Surrey, of his £1m house alongside a fleet of luxury cars and D Insp Burn predicted the value of seizures would run into hundreds of thousands.

"When we are hitting criminals who are making a full-time living off illegal activity, it is well worth it," said D Insp Burn.

Do you agree with these seizures? Have your say at yourlocalguardian.co.uk

Confiscated: Drug baron Sean Lynch was stripped of his luxury house and fleet of cars, including this Rolls-Royce (inset)

'Life-threatening'

Hooligans who hurled an object from a motorway bridge at a van passing underneath could have killed the driver say police. The latest incident involved a white Vauxhall Astra van being driven along the M25 between junctions eight and nine near Walton-on-the-Hill at about 5.45pm on Wednesday August 27.

Sergeant Richard Haycock said: "Throwing objects from bridges is reckless and potentially life-threatening. "

Anyone with information should contact Surrey Police on 0845 125 2222.

Best in area

The Sutton & Epsom Guardian Series has strengthened its position as the largest circulating free newspaper in the area, figures released last week show.

Weekly distribution was little changed on the previous year with an average 104,115 copies delivered in the first six months of 2008.

But the Sutton Borough Post and Epsom, Ewell & Banstead Post titles declined by over 4,500 copies a week compared to the previous year, to a combined average of 85,387. The figures, from the media industry's audit body ABC, are released every six months.

Visitors from outer space? These UFOs were spotted by Jo Rashbrook and her son Billie

Zig-zagging UFOs spotted in the sky

Are these flying objects from a faraway planet or somewhere nearer to home?

Jo Rashbrook and her son Billie were astonished to see them floating in the sky over their home in Oakland Way, Ewell Court, last week and Billie took some video on his camera phone.

"There were three objects dancing around in the sky over our garden , they zoomed in and out , disappeared and re - appeared again, zig-zagging over us," said Jo.

"We are sure they were UFOs as they definitely weren't anything we have seen before."

Did you see it? Contact us at yourlocalguardian.co.uk

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NEWSbrief

ROMAN TIMES: Staff at Ashtead Common are preparing for their biggest event of the year – the annual heritage day on Saturday, September 13, from 10am to 4pm.

Guided walks up to the site of the Roman villa, where archaeologists will be working, will leave the Ashtead Estate office in Woodfield Road at 10am, 11am, 12pm, 1.30pm and 2.30pm. Ring 01372 279083 to book a place.

Learn more about Roman Ashtead with a display of finds and a presentation about the five-year archaeology project on Ashtead Common and children can have a go at tile rolling and mosaic making.

MAKING A RACKET: Members of Banstead Lawn Tennis Club took part in an American Tournament last week using ancient wooden rackets, some of which were more than 100 years old.

Some of the younger members had never used the rackets before, which are officially antiques, but rose to the challenge.

Anyone who owns an unwanted racket of any type should contact Jack Thyne on 01737 354241.

For more local and regional stories, visit **yourlocalguardian.co.uk**

Hospital trust's £1.6m bill for 'army of pen-pushers'

by KEVIN BARNES
kbarnes@london.newsquest.co.uk

Epsom and St Helier NHS trust lavished £1.67m on an army of "pen-pushers" while threatening to close wards over the last financial year.

Figures obtained under the Freedom of Information Act showed spending on management consultants nearly trebled from £611,000 in 2006.

In the last eight years hospital bosses have spent almost £7.7m on consultants to help them run the trust. Health campaigners accused executives of short-changing patients and frontline staff by wasting colossal sums on bureaucracy.

Some expenditure went on appointing Ruth Harrison from Stoke Mandeville Hospital, Buckinghamshire, where 33 patients died in a Clostridium difficile outbreak.

Other private advisers were paid for a review which recommended removing a third of lightbulbs from corridors to cut electricity bills.

Geoff Martin, of London Health Emergency, said: "At the same time Epsom and St Helier was axing staff posts on the wards and slashing bed numbers to claw back a £24m deficit, they were spending money on an army of advisers and bureaucrats like it was going out of fashion. While nurses and other staff have been told they need to tighten their belts there's been a bonanza for the private consultancy industry."

Spent: Ruth Harrison

Mrs Harrison resigned in March after news of her appointment was leaked.

Her Durrow consultancy firm is still to receive £52,000 for a review into maternity and children's services.

A trust spokeswoman said "Our most significant use of management consultants in recent years was to commit specialist, dedicated time to look at how the trust can save money by doing things more efficiently, but without reducing the standard of care we provide.

"At the end of the financial year 2006-07, the trust was more than £5m in deficit. However, as a result of the expert input of the consultants, we made a surplus of £827,000 for the last financial year."

For more information about your local hospitals go to yourlocalguardian.co.uk/li

Vodka alert

Vodka drinkers have been put on alert by Surrey County Council's trading standards to look out for counterfeit Sparbrand Imperial vodka containing high levels of methanol.

It can cause poisoning, with symptoms including nausea and vomiting, abdominal pain, drowsiness and dizziness, blurred vision leading to blindness, and breathing difficulties.

Trading standards manager Peter Denard said: "The symptoms of methanol poisoning can take several hours to develop, so anyone who may have drunk the counterfeit vodka should seek immediate medical advice."

Counterfeit bottles have been found in the Northumberland and north London areas but it is feared they could be on sale in Surrey. Another brand of counterfeit vodka was found in Surrey in July.

Labels on the counterfeit Spar bottles are slightly blurred.

Residents get things sorted at waste management roadshow

More than 30 different types of materials can be recycled at the Blenheim Road community recycling centre in Epsom.

Surrey Waste Management held a roadshow at the centre last Thursday to tell people how much of their rubbish could be recycled rather than sent to landfill.

The roadshow is part of a month-long pre-sort campaign to show people how segregating materials in their car boot before visiting the centre can save time and make recycling easier.

A team of waste minimisation officers were on hand to give advice on how go green without spending too much time and effort.

The materials that can be recycled at Epsom include green waste, glass bottles, household batteries, used engine oil, bulky rigid plastics, good condition spectacles, household and garden chemicals and domestic appliances.

Find out about local green groups at www.greenguardian.co.uk

Segregation experts: Waste minimisation advisors Sarah Ottaway, left, and Kate Marsh

Planners likely to reject homes on site of courts

A development of 54 flats and offices on the site of the former magistrates and county court in Epsom is expected to be rejected by planners at Epsom's planning meeting tonight (Thursday).

The land has been brought by Gladedale, a development company which has its head office almost opposite the site in Ashley Road.

The proposed development of two blocks of flats would also border The Parade, where Epsom's town hall is sited.

The plans include an office on the magistrates' court site, with 21 affordable homes on the three storeys above, while the other block on the county court site would contain 33 private flats.

The developer has agreed to pay £230,000 towards education, transport and community facilities and another £60,700 for more affordable homes off the site.

Planning officers have recommended refusal on the grounds that the proposed building would be out of keeping with the character of the area because of its height and bulk.

Find out how much homes in your street are selling for. Go to yourlocalguardian.co.uk/li

Dragon dancing at fun day

There will be sumo wresting, face painting and lots of other attractions and entertainment when Epsom and Ewell Borough Council and the Nam Yang Martial Arts Centre jointly stage a fun day in Alexandra Recreation Ground, Epsom, from 2pm on Saturday, September 13.

A variety of local organisations will be represented, plus charity and craft stalls and a visit from Epsom fire brigade. Martial arts displays, lion and dragon dancing will take place throughout the afternoon.

For further information about martial arts events, contact Maria Wanless on 01372 725918, for information on stalls call Christine Key on 01372 25823, or for general inquiries call Julie Morris on 01372 744297.

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Smoke 'em out: George Tyler and George Summersby Deadlinepix EP22424

Youngsters learn of fire threat

The fun was fast and furious and often very wet at Epsom Fire Station on Tuesday during the latest firefighter for a day course for youngsters.

Volunteers got a chance to use the hoses, try out the breathing apparatus and other equipment at the station for a fun-packed day with a serious message – fire is dangerous.

Epsom fire station hosted a series of the one day courses during the school holidays for anyone aged between 12 and 15. For details call the fire station on 01372 722223.

Lone victim fights off armed muggers

Have-a-go-hero punches pair of attackers

by AARON MOON
amoon@london.newsquest.co.uk

A mugging victim fought back against two armed attackers as they tried to steal his phone.

Police are now hunting two men who tried to rob the man in an Epsom park.

The attack took place between on Thursday between 10am and 10.30am in Rosebery Park as the 29-year-old victim was talking on his mobile phone.

He was approached by two men who demanded that he hand over the phone. When he refused, the first mugger lashed out but the victim managed to dodge the punch. The second attacker then tried to hit him, which again failed and in self defence the victim punched him.

Detective Constable Chris Tiffin said: "This was an unprovoked and violent attack. The victim received a number of deep scratches to his face and hand caused by what I believe to be some kind of bladed object.

"Officers are carrying out a number of enquiries including reviewing CCTV footage from the area but we need the community to come forward and assist us further.

"This kind of assault, and indeed violence of any kind, is not tolerated by Surrey Police. This is why I am appealing to members of the community who may have witnessed the incident, or have any information at all relating to the assault, to come forward with the information I need in order bring those responsible to justice."

The first attacker is described as a black man with very dark skin, medium build, aged between 20 and 30 years old. He was wearing a grey hooded top, black cap, dark blue jeans and white trainers.

The second man is also described as a black man with very dark skin, medium build and aged between 20 and 30 years old. He was wearing a black hooded top with "Lonsdale" written in white across the front, dark blue jeans and white trainers.

Anyone who was in the park or with any information should contact Surrey Police on 0845 125 2222 quoting reference EP/08/2432.

For more crime stories see yourlocalguardian.co.uk

Masked man bungles off licence raid

A masked gunman stormed into Wine Rack in Kingswood on Tuesday evening and held up two members of staff and a customer.

He demanded cash using a silver handgun from the till but was scared off by an alarm and he fled from the store in Waterhouse Lane empty-handed.

No one was hurt during the attempted robbery between 8.45pm and 9pm.

The man was white, about 5ft 8in to 6ft tall and was wearing a dark coloured hoodie. He was also wearing either a balaclava or a scarf wound round his face. He was wearing black jogging trousers with two white stripes down the legs and carrying a black zip-up holdall.

Investigating officer Detective Constable Colin Snell said: "Fortunately no one was injured during the incident, but this was a frightening experience for the staff and the customer in the store at the time and we clearly need to find the man responsible.

"I am appealing to anyone who was in the Waterhouse Lane area of Kingswood yesterday between 8.45pm and 9pm to think back. Did you see a man matching the description walking in, or running away from the store? Do you recognise the description and know who was responsible?"

Anyone with information should call Surrey Police immediately on 0845 125 2222 quoting reference number RB/08/ 5347 or Crimestoppers anonymously on 0800 555 111.

Fish seller scam returns to area like a bad stench

Door to door fish sellers who tried to charge an Epsom woman £3,000 for 32 small packs of fish are back in business.

Following more complaints about doorstep traders offering fish for sale, Surrey County Council's trading standards manager Peter Denard repeated the warning he sent out in March after receiving similar alerts from residents about door-to-door sellers turning up in vans with trays of fish for sale.

He said: "The fish sold is often expensive compared to retail shops and of poor quality. These unscrupulous traders often use unrefrigerated vans, mislead the public by not including food labelling information and use high-pressure selling techniques to get people to spend substantial sums of money.

"Tracking down these rogues can be difficult and we are seeking further information of descriptions of individuals, vehicle registration details and any other information that can help us to stop them. If you have information, please contact Surrey Trading Standards on 01372 371799."

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The last few months have been a turbulent time for residents on the Longmead Estate with accusations that antisocial behaviour is increasing and police are losing control. But reporter AARON MOON spent the day with the police officer responsible for the success in the fight against the trouble makers

Seeing police impact on Longmead estate

Climbing into the police van, I found myself nestled between both the police officer and the community support officer who are responsible for policing West Ewell and the Longmead Estate. Sensing a slightly chillier reaction then I had expected, I soon found out why.

"A lot of people were upset with your articles," PC Davies told me as we drove towards the estate. "As you'll see today there aren't feral youths running riot."

Having been a police officer for seven years and a neighbourhood specialist officer (NSO) for three-and-a-half years, PC Davies is enjoying the fruits of his labour.

"It's a very rewarding job," he said. "Because I focus on the same area, I see the changes happening. Whereas an officer on a response team might be working different areas, I'm in it for the long haul."

Having previously been the NSO for Epsom and Ewell South, covering Epsom Downs and Langley Vale, the 32-year-old officer focused on successfully reducing the amount of antisocial behaviour which began blighting the residents in the quiet village.

"A lot of the kids up there were all around the same age and had nothing to do. They weren't quite old enough to drive themselves anywhere and so were stuck in the village and got up to mischief. It wasn't really bad crime they were getting up to, but everything up there seems OK now.

Guided tour: PCSO Jamie Clarke and PC Will Davies show reporter Aaron Moon around Longmead Deadlinepix EP22577

"I came into work one morning and was suddenly told that I was being moved to cover West Ewell and the Longmead estate," he said.

"I knew nothing about it until that morning and was a bit upset about it. But I'm really pleased I did move, Longmead is so different from Langley Vale."

Parking up in the centre of the estate, all three of us make our way on foot around the area. Expecting the streets to be teeming with young thugs enjoying their final days of the summer holidays, I was surprised by how quiet everywhere was and began wondering if the police had been on a clean up operation that morning.

Cutting through Bakers Field, a park on Chessington Road, we pass a couple of girls no older than 10-years-old playing together. Spotting the officer they pause for a moment as he said hello and spoke to them. A moment later they spotted PCSO Clarke, recognising him instantly and greeted him in unison.

"The PCSOs are the eyes and ears for us," PC Davies told me. "I spend about 50 per cent of an average week doing the paperwork but the PCSOs spend most of their day out here on the beat and really get to know the community."

As we continued walking through the estate, the officers repeatedly spotted known troublemakers but happily chatted to them and returned any cheerful banter they received.

"Getting to know them helps us," I am told. "We might not always be able to catch someone on a mini moto or quad bike but if we know who they are there is no point in them running from us, we can just go and wait for them at their house."

Returning to the station at the end of a successful tour around the estate, a car suddenly came tearing into the car park with the driver calling us over.

"This man has been following me for miles and I don't know what his problem is," he stated nervously as a second man appears closely behind him.

PC Davies calmly heads over to deal with the dispute, knowing full well that the beauty of his uniform can sometimes be a curse and his long awaited break he was hoping for will just have to wait.

PC Davies holds regular panel meetings for residents across West Ewell where they can raise their concerns about problems or issues affecting them. The next scheduled meeting for the West Ewell Ward is on October 8 at 7.30pm and will be held at the Harrier Centre in Poole Road.

Alleyways: The quiet paths around the estate EP22577

What is your experience of life on the Longmead estate? Tell us at yourlocalguardian.co.uk

High Sheriff puts money into youth project

A pilot project which was launched to give young people in the Longmead area more to do in their spare time has been extended following a cash injection.

The Longmeadz Kickin project was presented with the £1,000 boost by the High Sheriff of Surrey, Sally Varah, as part of the High Sheriff's Youth Award, meaning it can continue past its three month trial period.

Based in Sefton Road on Thursday evenings, events include football practice with Fulham Football Club, self defence sessions, a summer barbecue and the Demo Pod – a portable DJ and mixing machine for music and video.

Councillor Clive Woodbridge, chairman of the leisure committee said: "This project has so far proved very successful and we are seeing more young people coming along to the sessions on a weekly basis.

"The donation from the High Sheriff of Surrey has been a welcome boost to our funding for this project and will enable it to continue and to offer an even wider range of activities for the young people involved."

Get your event listed at yourlocalguardian.co.uk/events

NEWS*brief*

KICK THE HABIT: No-smoking roadshows to help ciggy addicts give up the habit will be held at the Ashley Centre, Epsom, during the week starting September 29. The road shows are being organised by the Surrey PCT.

OPEN FORUM: The first meeting of the Ashtead and Leatherhead Forum set up by Mole Valley District Council will be held at 7pm on Monday, September 8, at the Letherhead Institute in Leatherhead High Street. The police, Surrey County Council, Surrey PCT and other organisations will be invited. The forum is open to all residents of Ashtead and Leatherhead.

GARDEN PARTY: More than £600 was raised for the Epsom and Ewell Citizens Advice Bureau at a charity garden party held at the Ewell home of Councillor Eber Kington.

TIDY UP: Reigate and Banstead Borough Council is organising an autumn tidy up as part of a national campaign to get rid of rubbish from the streets.

The Big Tidy Up has been organised by Keep Britain Tidy and aims to be the country's biggest litter tidy up. Groups or individuals who take part will be eligible for a nomination for a Love Where You Live award, a new council initiative recognising the work done by local volunteers to improve their environment. To nominate someone call Terry Boardman on 01737 276407. To sign up for The Big Tidy Up visit **thebigtidyup.org**.

Arson attack while family is away

by HELEN CRANE
hcrane@london.newsquest.co.uk

A luxury £9,000 summer house and games room was destroyed by fire in an arson attack on Saturday while the owners were on holiday.

On Friday, teenagers broke into the summer house to sleep there overnight and cheekily left a notice on an internet chat room about their location.

Three days earlier burglars had broken into the O'Sullivan's summer house at their home in Ardrossan Gardens, Worcester Park, and stolen a new television and computer games worth almost £1,200.

To add to their ordeal the O'Sullivan family said Surrey Police were not interested in finding out who burgled their summer house, who slept there without permission, or who set the building on fire while they were on holiday.

Mary O'Sullivan said that although the police attended she later received a phone call from Surrey Police that no further action was to be taken.

The series of incidents started on Wednesday, August 27, when neighbours noticed that the summer house had been broken into and the television and games had been stolen.

On Friday night teenagers who decided to sleep in the summer house used the internet to tell people where they were.

Then on Saturday other teenagers were spotted playing football in the garden and shortly after at about 3pm a neighbour saw flames shooting through the summer house.

Arson: Mary OSullivan, her son Ryan, 12, and dog Molly in front of the burned-out shed Deadlinepix EP22708

The summer house was destroyed while Mary, 45, and her husband Tom, 43, and sons Thomas 15 and Ryan, 12, were returning from holiday.

"The whole thing is gutted. The flames even scorched the trees next door," said Mrs O'Sullivan.

"Surrey Police closed the case as soon as they opened it. They said they had one footprint from the burglary but no fingerprints and as far as the fire is concerned they said everything was destroyed so there is no evidence.

"At one time when the police were here a neighbour saw a youth running away, but the policeman said it was probably someone who lived around here and he took absolutely no interest."

A Surrey police spokesman said they were investigating.

Get the latest crime statistics for your area at yourlocalguardian.co.uk/li

Residents may get cheaper Downs concert tickets

People living in Epsom could be given first refusal and discounted prices on tickets for the proposed two-day Epsom Downs concert next year.

Local charities and organisations could also benefit to the tune of £50,000.

The concert is expected to attract families and what the organisers describe as "high end/mature and mainstream audiences" reducing the possibility of drunken and antisocial behaviour.

The concert could attract up to 30,000 people and would finish at 10.30pm to prevent late night disturbance.

Concertgoers would be banned from bringing alcohol to the site and no glass would be allowed.

Yesterday, Epsom and Walton Downs Conservators were due to meet to discuss the concert and whether they were legally entitled to give consent for the concert to be held on the downs.

Some of the fiercest opposition came from former mayor Ron Gee, who was chairman of the conservators for many years.

He has written to the Conservators saying that holding a concert for paying ticket holders is against the letter and the spirit of the laws governing the downs, which allows free access to the public.

The vicar of St Martin's church in Epsom, the Reverend Simon Talbott, has written expressing approval with the condition that there is minimal disturbance from light and noise to people living near.

If the concert goes ahead it will be run by events organiser All The Worlds with Epsom Racecourse, who have promised adequate stewarding, traffic control and enough toilets for the music lovers – 150 female toilets, 30 male toilets and 100 urinals, with another 50 toilets near the car parks.

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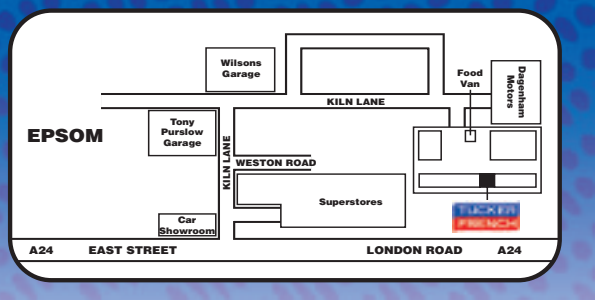

Please donate to keep animal hospital open

A man who gave up a legal career to start an animal hospital from his family home is desperate for help.

London Wildcare Trust needs donations as its hospital is on the brink of closure.

This Sunday, people are invited to give what they can to keep the hospital afloat.

The trust's hospital, based in Beddington Park, Wallington, will be opening its doors on Sunday morning for people to visit the animals and see the work the hospital does.

The hospital is one of the largest and busiest professional wildlife facilities in the UK. It rescues and treats thousands of sick, injured and orphaned animals and birds every year.

But director Ted Burden says keeping the hospital open is a real struggle.

He said: "We have nearly closed three times, it is so hard to balance the books. The hospital costs about £120,000 a year to run, but we do not get any funding. We do not come under the lottery or the Government's charity remits so we rely entirely on donations from the public and membership. These open days give us a real lifeline."

A team of trained medical staff is on duty 24 hours a day, 365 days a year, to take in animals from across London and beyond.

An army of some 100 volunteers feeds, cleans and nurses hundreds of foxes, ducklings, baby birds and squirrels back to health so they can be released back into the wild.

Grace the fox: With volunteer Alan Emmins SU22739

The hospital will be opening its doors from 11am to 4pm on Sunday. Adults will be asked to make a £1 donation and children 50p.

"Closing the hospital just doesn't bear thinking about," said Mr Burden, 36, who started the centre from his family home in Worcester Park 10 years ago.

"Hopefully the weather will hold out for us so more people will come down."

For hundreds more local events
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Sutton comes seventh in UK's happiness ratings

by KEVIN BARNES
kbarnes@london.newsquest.co.uk

Chelsea residents retreat to duplex penthouses and the Hampstead set enjoys unrestricted views of the heath that inspired Romantic poet John Keats.

But neither are as contented as people in Sutton, which has remarkably been named the happiest place in the south of England.

The borough was ranked seventh in a national happiness league presented at the annual conference of the Royal Geographical Society.

Sutton Council instantly credited the findings on a strong community spirit, low crime rates and an "excellent environment record".

But there was sceptism elsewhere when the borough is better known for Tony Hancock, the ultimate lugubrious loser, than la dolce vita.

Only last month University of Westminster researchers found perky Sutton residents were among the least physically desirable in the capital.

Councillor Tony Shields, deputy Conservative opposition group leader, said: "I'm pleased to hear Sutton residents are the happiest in London – it's a nice place to live, that's why I raised my family here.

"But I doubt residents are quite so euphoric when the above-inflation council tax bill arrives. Also, I'll wager this poll was taken before the garden waste charge kicked in."

Dr Dimitris Ballas, who helped to compile the league table of 273 districts, said happiness was notoriously difficult for scientists to measure.

"There's a lot of lively debate on what is the most appropriate measure. This is the first time, in Britain at least, that there's an attempt to take geography into account."

Researchers combined data on employment, health and qualifications with answers to questions posed by the British Household Panel Survey, including "Have you been thinking of yourself as a worthless person?"

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Sutton's lugubrious loser: Tony Hancock

For more local news visit
yourlocalguardian.co.uk

Intruder in pensioner flat

A pensioner was taken to hospital following a break-in at Ringstead Court in Sutton.

Sutton police is investigating how the intruder gained entry to the 85-year-old woman's flat in the early hours of Sunday morning.

The woman was woken by the intruder, who left empty-handed.

The man was described as olive-skinned and wearing a suit.

Call 020 8649 0747 if you have any information.

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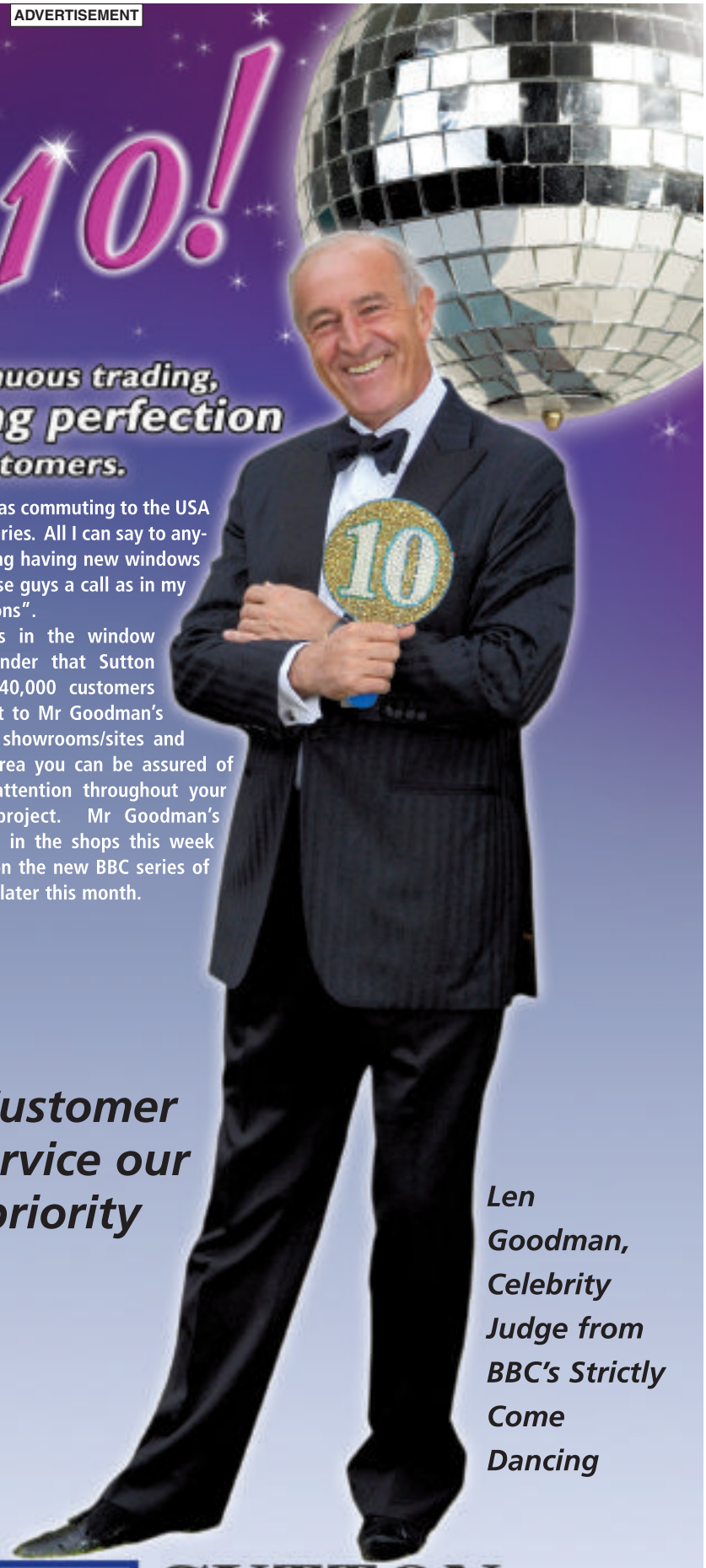
My job was not straight forward and they really lived up to their claim of being "The Company that Cares!" I am more than delighted with the work and thank them very much especially as I had to trust them while I was commuting to the USA to film the American series. All I can say to anybody who is considering having new windows or doors is to give these guys a call as in my book they are champions".

With their uniqueness in the window industry it is no wonder that Sutton Windows have over 40,000 customers which bears testament to Mr Goodman's comments. With five showrooms/sites and their factory in this area you can be assured of high class care and attention throughout your home improvement project. Mr Goodman's autobiography will be in the shops this week and you can see Len on the new BBC series of Strictly Come Dancing later this month.



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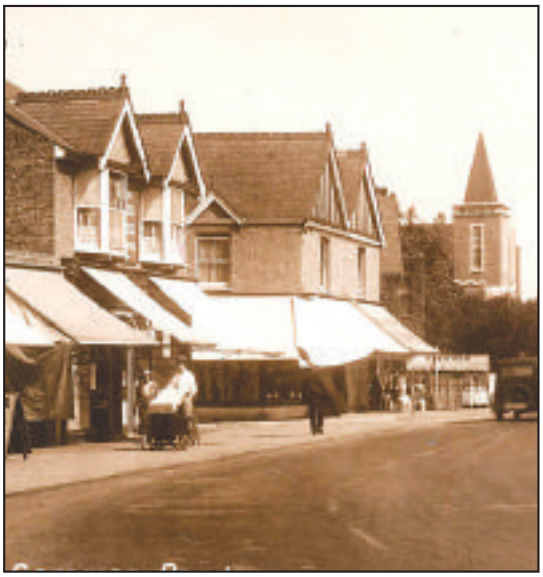

Close community: Cheam Common Road

Animal magic: A pets and ponies service by St Mary's in Parkers Field

Keystone Press Agency, London

An exciting time of leisure, celebration and discovery

by JULIA KENNARD
jkennard@london.newsquest.co.uk

A new exhibition will demonstrate how Worcester Park and Cuddington enjoyed an exciting time during the 1950s.

Historian David Rymill said the decade was marked by the easing of wartime restrictions which made it possible to revive building plans and reinvigorate the social life of the community.

This created an opportunity for a new hall at St Mary's Church in Worcester Park to be opened in 1955 and new social groups to form, including the Cuddington Players, he said.

Now Mr Rymill wants to capture the era in a new exhibition and show what it was like to live in the area at the time.

He said: "The opening of the new hall meant that the Players were soon staging full-scale productions of dramas, comedies and mysteries.

"The exhibition will also include photographs and maps showing other aspects of life in Worcester Park in the 1950s, from shops in Central Road to coronation celebrations in 1953.

"This was a decade which also saw the excavation of Nonsuch Palace, and the opening of the Malden Homes for elderly people off Manor Drive North on the site of an Iron Age settlement."

The exhibition, which is part of the heritage open days scheme, will be at St Mary's Church on September 13 from 11am till 5pm.

During the day a film of the life of St Mary's made in 1962 by Eric Milton, a member of the congregation, showing events such as weddings, the summer fair in the Vicarage garden, and the Cuddington Players' production of Die Fledermaus, will be shown.

Call 020 8330 6563 for details.

Visit our picture gallery of this event at yourlocalguardian.co.uk

Carnival time: Cuddington summer fair float

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Unhappy: Brian Davies claims the council put words into his mouth Deadlinepix SU22738

Rewrite is called into question by resident

by KEVIN BARNES
kbarnes@london.newsquest.co.uk

A retired naval officer has complained Sutton Council officials substantially rewrote questions he submitted to a public meeting.

Brian Davies, 79, wanted to use the public platform to hold the local authority to account over its handling of garden waste collection services.

But he failed to receive an answer because he claims several of the more contentious points had been omitted without his knowledge.

This week Mr Davies, of Kingsmead Road,Worcester Park, accused council officials of dodging difficult questions by putting words in his mouth.

He said: "My questions, on this occasion, were rejected on the grounds they were detailed and specific.

"Contrary to all my experience, the questions were re-written by the head of legal services and placed on the agenda as my questions, without my approval.

"This was placing words in my mouth contrary to my wishes. This is not understood by the council, and has gone unanswered, despite my drawing attention to this slander."

The standing orders allow residents to ask up to two questions, provided they reach the chief executive by 10am on the Tuesday before a public meeting.

Stephen Lawrence-Orumwense, head of legal services, said only the first two questions are accepted from a list of multiple sub-questions.

He added: "Although Mr Davies submitted two questions, within each of those questions were a number of other questions.

"His first question contained five questions. The second question contained two questions. The two questions that Mr Davies was allowed to ask were the first questions from each of the two questions he submitted."

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Drugged-up dad killed his baby girl

by KEVIN BARNES
kbarnes@london.newsquest.co.uk

A father from Wallington faces years in jail after being convicted of battering to death his 18-month-old daughter while babysitting.

Mark Howe, 36, was high on drink and cannabis when he struck the girl with such force her small intestine was fatally ruptured.

The former supermarket worker shook his head repeatedly as the jury foreman read the majority verdict at the Old Bailey last Thursday.

Judge Richard Hone QC reproached him after hearing that the baby could have been saved if Howe had sought medical help.

He said: "The tragedy is that he could not say what really happened.

"It brings in to play the whole concept of remorse, because real remorse is overcoming the instinct not to tell the truth and confronting that truth.

"A significant custodial sentence is unavoidable.

"The question is for how long?"

Howe had been looking after his daughter on December 22, 2006 while his partner enjoyed her first night out since the birth.

He reassured her during numerous phone calls.

He then grabbed the handset as she dialled 999 the next day after finding her baby "unresponsive and floppy".

Jurors heard how he then fled in his car with the child but passed both St Helier Hospital and Mayday Hospital.

Police eventually found him outside St George's Hospital, Tooting.

Doctors fought for an hour to save the baby but she was likely to have been dead before arriving in the A&E department.

Howe denied manslaughter, stunning medical experts by claiming he caused the horrific injuries after stumbling on a coffee table and tumbling on to his daughter.

During the trial, he sobbed while recalling how he was forced to sleep rough when his family shunned him after his arrest.

It emerged after the verdict that Howe has convictions for a sexual offence when he was 15, handling stolen goods and possession of cannabis.

He will be sentenced on September 26 after reports have been prepared.

For updates on this story, and to have your say, visit yourlocalguardian.co.uk

Child killer: Mark Howe struck his daughter so hard it ruptured the 18-month-old's small intestine

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The Clinic which can solve your denture problems

The Denture Clinic has been open for eight years, exclusively treating denture patients.

Dr Justin Stewart - Dental Surgeon

Owner Justin Stewart is the first biofunctional prosthetic system qualified dental surgeon in the UK- which is an advanced denture making technique - and he is one of only a handful of dentists in the UK who limits their treatments to only denture patients.

The clinic prides itself on being one of the best in the UK, with clients travelling from all around the country, from Cornwall or the north of England, to visit Justin and his team.

The main problems Dr Stewart encounters is that unlike other areas of dentistry, denture construction by the general dentist has not improved much as dentures are difficult to make well.

Typical new patients to The Denture Clinic may come in with a bag of several sets of dentures often because they do not fit well on the gums or drop when the patient talks or are painful.

At the clinic, they make complete dentures (for patients with no teeth) and partial dentures for patients who have only lost some teeth. They also offer a mini-dental implant system, which is particularly suitable for securing complete dentures. These implants are much smaller than conventional dental implants, are ideal for denture patients, and can be placed in a lunchtime visit. They are also much cheaper, approximately one third the cost of a conventional dental implant.

The clinic has seen and solved just about every conceivable denture problem that exists. Dentures don't offer a very 'sexy' image in the dentistry world and there are many misconceptions about them:

"Some patients sometimes feel that their general dentist is very good at treating their own natural teeth but is less able to help them with their denture problems. They may be told the dentures they have are as good as possible and that they will have to adapt to them. "This is rarely the case though, as almost always the fit, bite and appearance can be improved." Dr. Stewart explained.

The Denture Clinic receives a lot of referrals from general dentists for difficult denture cases and is achieving excellent results.

In fact, dentures made at the clinic reverse the sunken look (where cheeks and lips collapse) often found in denture patients. The face is built up again creating a non-surgical facelift effect. This, combined with much more natural-looking teeth, gives the patient a significantly younger, more attractive look.

The Denture Clinic also have a special service for patients who travel to them from a distance where they make dentures in a day or over a one night stay. More details are on our website.

There is a list of frequently asked questions on the clinic's website where you can find out more.

The Denture Clinic offers a free consultation to all patients, regardless of whether they go ahead with a procedure or not. Dr. Stewart has drafted a booklet entitled 'Five Questions You Should Ask Before Having A Denture Made' which he will send out to customers who call and request one.

You can book a free consultation by calling **0208 404 1456.** The clinic in Sutton, Surrey are able to discuss any concerns you may have. Alternatively you can log onto their website **www.thedentureclinic.co.uk**

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Actors told to Get Real

by GEORGINA LITTLE
newsdesk@suttonguardian.co.uk

Sutton students will have the chance to explore social issues through art after the borough secured a £53,000 cash boost.

The Get Real drama project, designed in partnership with the Box Clever theatre company and Sutton Council, will focus on issues such as bullying, violence between pupils and knife crime.

Funded by the Arts Council, the programme will involve year 9 pupils in 10 secondary schools across the borough during the autumn term.

Artistic director Michael Wicherek said: "Sometimes it's almost like the kids see no way out of the world they are in.

"It is up to adults to try to show youngsters that their world is not bounded by gangs or the estates.

"The characters resonate with the audience and it provides a safe environment for discussion."

Mr Wicherek said that during the programme each school would create a response to the issues raised by producing a podcast, a radio show or a poster campaign.

Executive director of the Arts Council Moira Sinclair said: "We believe that art and creativity can enlighten, bring about positive change and, in total, make life better.

"This project delivered by the London Borough of Sutton will offer many young people the chance to engage with the arts in a way that will have wide ranging benefits for them as individuals, for their schools and their peers."

Taking part in the project are Carshalton School for Girls, Greenshaw High, Stanley Park High, Wallington Girls, Wandle Valley School, Wallington County Grammar, Glenthorne and Carshalton Boys.

For the latest news see yourlocalguardian.co.uk

Box Clever: The project aims to explore social issues

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In dogs, gum disease is caused by food particles and bacteria collecting along the gum line, forming plaque. If your dog has bad breath, this could be an early sign that all might not be well. What's more, if this plaque is not removed it forms tartar, which can build up and cause the gums to become red and swollen. This can lead to bad breath.

A daily oral care routine can help reduce the build up of tartar, so why wait? One solution is to get yourself and your dog into good habits early by starting to brush his teeth when he's a puppy. Or, if you have an older dog, you can still get started on an oral care routine. If brushing your dog's teeth proves difficult, why not start giving him a Pedigree Daily DentaStix everyday? They have a unique x-shape and special texture, and when fed daily, are clinically proven to help reduce the build up of tartar by up to 80 per cent, helping to reduce the risk of gum disease. What's more, your dog will enjoy the delicious flavour and look forward to his daily treat.

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Smash – but no grab

by KEVIN BARNES
kbarnes@london.newsquest.co.uk

A masked raider escaped through crowded shopping streets after smashing the window of a jewellery store in Sutton town centre.

The lone man attempted to grab trays of diamond rings just after the H Purcher jewellers opened in the St Nicholas Centre.

He was forced to drop his sledgehammer and flee empty-handed as a passing cyclist chased him along nearby Manor Place.

A Sutton police spokesman said: "We are investigating an attempted smash-and-grab raid on a jeweller's at an entrance to the St Nicholas Centre.

"Police were called at 9.03am to reports of a lone man wielding a large hammer against the shop window. The man escaped empty-handed. Inquiries are continuing."

Hammer time: Purcher's window after the would-be robber's attack

Not everyone reacted as quickly as the brave cyclist. One passerby said: "At first I thought they were just filming another episode of The Bill. It wasn't exactly a criminal mastermind at work."

For more crime stories see yourlocalguardian.co.uk

Crime rate falling, police figures claim

Most crime fell in Sutton in the first quarter of the financial year, but in several areas the rate of offences grew.

Reports of robbery dropped from 26.6 per cent from 124 to 76 offences in the first quarter of 2008/09.

Theft from a motor vehicle decreased 31.2 per cent from 449 to 309 offences and residential burglary decreased slightly by two percent, from 193 to 189 offences which was below the 6.4 per cent target.

However racial crime increased slightly from 35 to 40 offences and reports of domestic violence rose from 245 to 255.

Under a new classification of most serious crime, there were 42 assaults where injury had been caused and 23.8 percent of offenders were arrested and charged.

The police quarterly report was presented at the Sutton Community and Police Forum on July 17.

At the meeting the police emphasised that, on the whole, the level of crime had been reduced.

In response to a concern about under-age drinking, the police said there were 33 prosecutions in the past year for the sale of alcohol to people under the age of 18.

In response to a written question, the police reported that between January and April 2008 there were 210 fixed penalty notices issued when a motorist had used a mobile phone while driving, compared with 233 in the same period in 2007.

For crime statistics in your area yourlocalguardian.co.uk/li

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Obituary Notice

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A devoted wife to Brian for 45 years, beloved sister, auntie and friend.

She battled illness and disability without complaint or self pity. Her big heart and smiling face and lust for life made her the unique person she was.

Her family and many friends love and miss her. Our lives were enriched by her. She will be remembered by all the people who loved her. Her passing leaves a huge emptiness in our lives.

Her funeral took place on 25.7.2008.

Thanks to everyone for the flowers and donations to the Charity SHAK

ROBERT JAMES DIX

Passed away on 27th August 2008 aged 59.
Part of the Scout family in Cheam for 15 years.
Father, husband, brother, friend to all.
Always in our thoughts.
Funeral at North East Surrey Crematorium, Wednesday 10th September 1.30pm
Family flowers only.
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BERNIE BRIDGET MARY BERNADETTE LOUTH

Sadly passed away on 23rd August 2008, aged 69.
Deeply loved and sorely missed by Caroline, Robert, Nicky and grandchildren.

In loving memory of

ERIC GEORGE DODD

24/11/1930-24/08/2008
Loving husband, dad and grandad.
Never forgotten, forever loved.
With all our love
Vee, Keeley, Lisa
Steve, Nita, Rob & Pip
XXXXXXX

Service Garth Road Crematorium, Tuesday 09/09/2008 1.30pm.
Flowers to Trueloves, 118 Carshalton Road, Sutton by 11.00am, or donations to Arthritis Research Campaign.

PENNINGTON, JASON

Aged 19, died suddenly 25th August 2008 in Winchelsea Beach.

Beautiful son of Sarah and Ray, brother to Kayleigh and devoted uncle to Charlotte.

Funeral to be held at Holy Angels, Ash, Surrey 8th September 2008 at 11.00am.

Flowers or donations to Dyspraxia Foundation c/o Co-Operative Funeralcare, 91 Victoria Road, Aldershot GU11 1JE.
01252 320055

In loving memory of

BARBARA MERRETT

Who sadly passed away 31.8.2008.
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In Memoriam

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Died August 2005
Always with us, and loved forever.
Chris, Oliver and Alexandra

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Always in our hearts and thoughts.
Frank, Allan and Barbara

BRENDA HAUGHTY

(11.12.1930-3.9.2004)
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Always in our hearts
Missing you as much today as the day you passed away.
All our love
Shirley, Roxy and families

Marriages

Kerry Louise
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Ian

Good luck and best wishes on your Wedding Day 6th September 2008

With love from both families and friends

David and Mandy Hiscocks
Proudly announce ***the marriage*** *of their daughter*
LOUISE MARY
to
JAMIE ADAM TRAVIS
on 23rd August 2008 at St Peter's Church, Berkhamsted

Congratulations to
LOUISA and SARAH
On their wedding which took place on Sunday 31st August 2008 at Chelsea Old Town Hall

Birthdays

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1st Birthday

Happy **1st** Birthday
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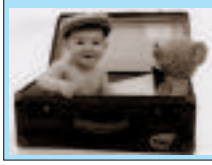
6.9.2008

Lots of love kisses and cuddles



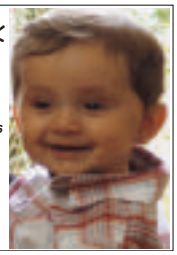
Mummy and Daddy XX

EDDIE HALL

Happy **70th** Birthday
6th September 2008
All our love
Pat, Chris, Matt, Zoe, Connor, Lily, Mum and all the family.

Happy **13th** Birthday
SHANICE
9.9.2008
Lots of love
Mum, Dad and family
XXX

WILLIAM JACK
Happy 1st Birthday
8th September 2008
Love, hugs and kisses
Grandma, Grandad, Auntie Kelly, Henry, James and Great Grandad X



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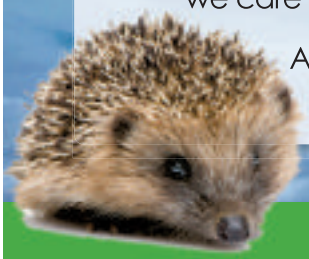

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Hero's adventure is caring for wife

by KEVIN BARNES
kbarnes@london.newsquest.co.uk

An adrenaline junkie who shunned extreme sports to tend to his sick wife has been named the most heroic husband of 2008 in a national competition.

Chris Laws, 35, from Sutton, fell for his partner Kathryn, also 35, over their shared enthusiasm for mountaineering, skiing and adventure holidays.

But the couple had to put their plans on hold when Kathryn developed vasculitis, a rare disease that causes inflammation of the blood vessels.

For two years Chris became such a fixture at her hospital bedside that he earned a nomination for the Eve magazine and Nivea for Men award.

Kathryn said: "It's been extremely difficult for him to put aside his love for adventure to help me fight my illness, but his support has been unwavering."

"However long you've been with someone you just can't predict how they'll react in that situation but Chris has been my rock. I was in my bed recovering from surgery when I got the call to say we'd won our category, it really lifted my spirits.

"It's important to show Chris just how grateful I am for everything he's sacrificed for me.

"Despite the bad luck we've had, I still feel like an incredibly lucky person, because I've met Chris."

The couple attended the presentation ceremony in London where they met the judging panel, including interior designer Laurence Llewelyn-Bowen.

Special: Chris Laws and his wife Kathryn at the national Heroic Husband of the Year award ceremony

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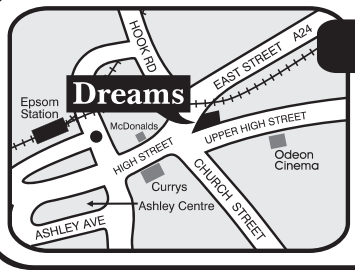

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Injunction threat for suspended governor

Standing firm: Governor Chris John

Deadlinepix AV21857

by JAMES PEPPER

jpepper@london.newsquest.co.uk

The suspended head governor at Dorchester Primary School is being threatened with an injunction if he does not hand back "confidential" documents.

Chris John, whose position as head of the governors ended at the start of September, has been told an injunction may be sought against him after he raised issues about behaviour management at the primary school with the Sutton Guardian.

Sutton Council claimed Mr John, 40, may have breached confidentiality and data protection following an exchange on the **yourlocalguardian.co.uk** forum.

Following a huge amount of interest on the website, the authorities have implied that Mr John breached confidentiality by saying on the forum he had documents to back up his claims.

Mr John was banned from the school his daughter attends after he spoke out about pupils' behaviour following a series of incidents – including one where a child stabbed a teacher in the arm with a pencil, and was then allowed to wander the streets.

Mr John said: "It is in the public interest if a young child from the school is allowed to wander the streets – parents have a right to know that.

"They are simply puffing their chests out. If they wanted to seek an injunction against me, they would have done so within 72 hours.

"It is because I have gone to a solicitor that they are acting like this. The documents I have I am entitled to as I am still head of governors until September.

"All I want is an apology and the issues I raised to be addressed. I want staff and parents to know that the LEA and the school have been out of order."

A council spokeswoman said: "Mr John as a school governor, albeit a suspended governor, has a duty not to disclose confidential school information and documents.

"We may have no choice but to resort to obtaining an injunction against him if he doesn't hand the confidential documents back to the school and desist from threatening to breach the duty of confidence that he has as a governor of the school.

"We would emphasise we hope that injunctive action will not be necessary."

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Appalled: Gemma Walker and daughter Alivia have to live with the mess pictured above Deadlinepix BT22633

Asthmatic's 'disgusting' flat takes a year to fix

by JAMES PEPPER
jpepper@london.newsquest.co.uk

A single mum suffering from chronic asthma has been forced to sleep in her daughter's bedroom for over a year because her flat is riddled with damp.

Gemma Walker, 23, of Farnham Court, Cheam Village, has been complaining to Sutton Housing Partnership (SHP) for more than a year about the encroaching damp in her flat, as well as the plaster that falls off her walls on a daily basis.

After endless calls and several letters to the association, two months ago, contractors went to the house suspecting that the problem lay underground and proceeded to rip up carpet and floor lining, leaving a huge concrete hole in the middle of Miss Walker's bedroom floor.

The hole remains to this day and the housing association are insisting that Miss Walker pay for the redecoration.

She said: "I couldn't believe they said that I had to pay to redecorate. They still expect me to pay rent but I have had to live with a hole in my bedroom for two months. They keep saying they will come and fix it but they never do. I can't live in a house that is falling apart."

Miss Walker has been living in the flat with her four-year-old daughter Alivia since December 2006.

She added: "It was fine when we moved in, but things have just got progressively worse. The black mould in the flat is disgusting and the housing association keep fobbing me off. It's depressing being here and, to top things off, they expect me to pay to redecorate."

A spokesman for SHP said: "Sutton Housing Partnership has carried out extensive tests to establish the cause of damp in Miss Walker's property. To remedy the problem we are replacing the damp-proof membrane in the bedroom, living room and hall. A contractor has been appointed and work will begin next week.

"The contractor will liaise with Miss Walker about the programming of this extensive work in order to minimise disruption to her and her family."

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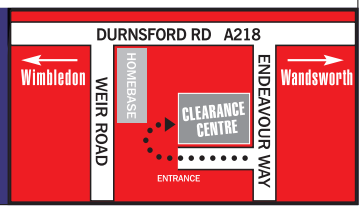

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SCOLA's new centre holds open week

Paul Burstow, MP, pictured right, officially opened the centre earlier this year. Pictured here with Gaynor Bray, business development manager, and Chris Devereux, SCOLA chair of governors

SCOLA's new centre in London Road, North Cheam, is opening its doors to visitors in an open week from September 8 to 12 from 10am to 1pm.

Drop in to see what it's all about. Talk to tutors about training and courses, or have a go on an Apple Mac or a flat-screen computer to try out Vista and Word 2007.

The Apple Mac Suite offers courses in digital graphics using the latest version of Adobe CS3 including Photoshop, Illustrator and InDesign. Find out about courses on digital cameras, and how to download and manipulate the images, or web building using Dreamweaver.

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Some people may be eligible for free training under the government's Train to Gain scheme.

The centre is a good place to start for those thinking of starting a new business, providing short courses in business planning and accounts, and information about support services in the borough.

Newly refurbished, the centre is an ideal venue for employers to train staff. SCOLA's business advisers can arrange tailormade courses to suit employer needs either at the centre using SCOLA's up-to-date IT equipment or at the place of work.

It is also a good conference venue with a large hall, four seminar rooms and interactive white boards.

The centre is at 660 London Road, North Cheam. If you are unable to come during the open week, call in at another time or call Gaynor Bray at business@ scola.ac.uk.

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It is holding an open day on September 19 at Stanley Park High School, Stanley Park Road, Carshalton, between 6pm and 9pm when prospective students can find out more.

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of its School on
19th September, 2008
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Main School Open Morning
Sat 27th Sept 10am-12.30pm

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AAT Accounting NVQ 4	Mon/Weds, day or eve	1 year £1030
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Sage Computerised Accounts 1 & 2	Mon/Tues, 7-9pm	10 weeks £245
CMI Cert in Teamleading Level 2	Weds, 2-5pm	18 weeks £620
CMI Cert in Management Level 3	Tues, 4-7pm	1 year £810
CMI Cert in Management Level 5	Thurs, 2-5pm	1 year £1064
Minute Taking	Tues, 6.30-8.30pm	6 weeks £160
Teeline Shorthand	Mon, 6.30-8.30pm	16 weeks £325
Fares & Ticketing 1 & 2	Mon/Weds, 6.30-9.30pm	20 weeks £360
Galileo	Mon, 6.30-9.30pm	13 weeks £280
Airport Passenger Services	Tues, 6.30-9.30pm	16 weeks £405
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Health, Care & Hospitality		
Course Title	**Day & Time**	**Duration & Fee***
Professional Cookery NVQ2	Tues, 9am-5pm	1 year £630*
Professional Cookery NVQ3	Thurs, 8.30am-5pm	1 year £642*
BIIAB Licensing	Mon, 6.30-9.30pm	4 weeks £246
Wines of the World	Tues, 6-8pm	10 weeks £266
Cake Decoration	Tues, 6-8pm	10 weeks £206
Access Diploma	various	2 years £varies
Health & Social Care NVQ 2 & 3	various	various
Registered Managers Award	Weds, a.m.	18 months

Course Title	Day & Time	Duration & Fee*
Oral Health Care NVQ 3	Tues & Fri, flexible	various
BNC Pharmacy Services	Tues, 9.30am-5.30pm	2 years £1287*
Pharmacy Services Foundation Degree	Weds, 9am-8.30pm	2 years
Introduction to Counselling	Mon, 6.30-8.30pm	10 weeks £140
Counselling Skills	Tues, 6-9pm	30 weeks £392
Counselling Studies	Tues, 6-9pm	30 weeks £407
British Sign Language Level 1	Tues, 7.15-9.15pm	34 weeks £257*
CACHE Diploma in Childcare and Education	Mon, 5.30-9.30pm	2 years £varies
Early Years Foundation Degree	Mon, 4-9pm	2 years £varies
First Aid at Work	4 full days	various £400
Skills for Life, English Language, GCSEs & Teaching		
ESOL	Part time day/eve	1 year £445*
Citizenship Test Preparation	Tues, 6-8pm	6 weeks £68
GCSE English	Tues, 6.30-9pm	1 year £299
GCSE Maths	Weds, 6.30-9pm	1 year £299
Pre-GCSE Maths	Tues, 6.30-9pm	1 year £224*
Literacy	Tues/Thurs, 9am-1pm	34 weeks £30
Numeracy	Mon/Tues/Thurs, 12-4pm	various £30
BTEC Certificate for Teaching Assistants Level 2 & 3	Mon/Weds, 6-9pm	1 year £varies
Preparing to Teach in the Lifelong Learning Sector	Mon, 6-9pm	15 weeks £190
Certificate in Teaching in the Lifelong Learning Sector	Tues, 6-9pm	36 weeks £485
Languages, Creative skills, Motorcycles, Musical Instruments		
German (AS Level)	Tues, 6.30-9pm	18 weeks £369
Urdu (AS Level)	Tues, 6.30-9pm	36 weeks £369
Digital Photography	Mon, 6.30-8.30pm	10 weeks £120
Model Making	Weds, 7-9pm	ask for details
Motorcycle Mechanics Skills (beginners or advanced)	Mon or Weds, 7-9pm	20 weeks £415
Brass Instrument Technology	Weds, 7-9pm	20 weeks £375
Guitar Making	Weds, 7-9pm	20 weeks £375
Violin Making (day or eve)	various	various
Woodwind Instrument Technology	Thurs, 9am-4.30pm	34 weeks
Woodwind Instrument Technology (Saxaphone)	Weds, 7-9pm	10 weeks £250

* FEES: Courses marked * are available at a reduced fee to those dependent on means tested benefits. Please enquire for details.

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Leaves are shrivelled

I am noticing that horse chestnut trees in the area have brown shrivelled leaves at the moment which looks like a disease, even though they still have conkers on them. I do hope that we will not lose these majestic trees like we did when Dutch elm disease struck.

MRS J THOMAS
Ewell

Borough no longer such a desirable place to live

The article on "Council looking for development sites" on page six, August 28, I found disturbing. How can an area which is already saturated with housing possibly fit in more?

At the present time the roads around the area are very busy and sometimes gridlocked – how can an area sustain more housing growth? The article states "Epsom and Ewell is a very desirable place to live..." if development on the scale that has been occurring over the last few years continues the area will not be a 'desirable place to live in'.

I have lived in the area for the last 44 years when it was a 'desirable area to live' but it is increasingly becoming unbearable. I do not know the answer to the problem of housing, but over development just ruins what once was a nice place to live.

MARY KEENE
Epsom

Smiles all round the borough: There has been plenty to celebrate with this year's results at all schools

Deadlinepix GH2591

Exam congratulations

Congratulations to all the young people who achieved exam success this year.

Young people don't always get a good press and it is worth reminding ourselves that a lot of hard work went into achieving their GCSE and A-level results.

Well done everyone.

DIANA COMAN
Via email

Glyn Technology gains best exam results yet

The Governors and staff of our school are pleased to announce the best GCSE results in the school's history. The percentage of students gaining five + A*-C was 85 per cent, up by 7 per cent on last year. The percentage of students gaining five + A* – C including English and Maths increased to 69 per cent.

The A-level results were equally impressive. The average points score increased by over 9 per cent to 692. The percentage of student gaining grade A - C increased to 69 per cent, an improvement of 11 per cent on the previous year.

This is a culmination of the immense effort and talent of the students at Glyn, coupled with the dedication and commitment of the staff.

The school community would like to congratulate its students on their fantastic achievements and wish them all the best in their future studies.

JON CHALONER
Headteacher
Glyn Technology School
Ewell

Pros and cons of new village Tesco

I am looking forward to having a new supermarket in Ashtead if and when Tesco gets planning permission to build on the former Esso site in the village.

I cannot help feel that people who object to Tesco opening up in the village are driven by snobbery as much as anything but I do have concerns about Tesco taking control of the Ashtead Peace Memorial car park to provide parking for their customers.

I am concerned that Mole Valley District Council could lose out long-term on a source of revenue and I am anxious that people who want to use other shops in the village may have to pay premium prices to park in what will become known as the Tesco car park.

NAME AND ADDRESS
SUPPLIED

Doodlebug

Driving around the roads of Surrey makes me quite nostalgic for my youth.

Brought up in the immediate post-war years I was used to dodging potholes on my bike, mementoes of the bombing campaign during the war.

The roads do not seem in a much better state now but the cause is years of neglect rather than doodlebugs.

PETER CLIFT
Ashtead

Council blows smoke all over garden legislation

I read with interest your article on smoke, 14 August, and think that when you are getting smoke across your garden if it is accompanied by the smell of food from a barbecue it is not so irritating as someone burning smelly garden rubbish. I understand that even though we live in a smoke-free zone, bonfires can legally be lit.

Another law that came in was regarding the height of Leylandi trees. It seems that if you complain to the council and pay to have the trees investigated, even if they are higher than the permitted level you still have to pay and the owners do not have to trim the trees down. This seems utter madness.

MRS J THOMAS
E.Ewell

Praise: Epsom General Hospital

More hospital support

Susan Peacock's letter moves me to write yet again. She praises Epsom hospital maternity staff for promptly treating her daughter's newborn baby, hinting at another less happy outcome but for their undoubted speed, skills and professionalism. This is precisely why we need to keep them here in our local area. People may be fed up seeing my letters but we should support her views as expressed because she is absolutely right: anyone who can do so MUST work constantly to Save Our Services at Epsom.

DR TED BAILEY
West Ewell

HOT OFF THE WEB...

Read these comments and even more on our website **yourlocalguardian.co.uk**

Hair dye puts girl in hospital

An Epsom teenager has vowed never to ignore health warnings again after she suffered an allergic reaction that caused her head and face to swell.

Poor girl! Can anyone tell me if salons should follow the same practice? I recently had my hair coloured for the first time at a hair salon in Sutton and I'm sure I didn't have to do a test to see if I would have a reaction.

Ohdearyme, Hinchley Wood

Yes, commercial hairdressing salons should follow the same procedure and insist on a skin test for new clients 48 hours before the colour application.

Many salons do insist on it. But there are a few that don't bother. And there are a number of chains of salons that have a written policy of doing skin tests every time, but which in practice are a bit slack in carrying it out. After all, doing skin tests is a bit pointless if the salon isn't organised well enough to be able to distinguish the clients who have had tests from those who haven't.

Rule of thumb is, never rely on the salon to remember to arrange the test themselves.

If you develop an allergic reaction to a product that a salon has used without testing you first, then make sure you tell your local authority's trading standards team about it if you can.

Fred1, Surbiton

Bus strike planned

Commuters have been warned to brace for bus strikes.

Please tell your neighbours about this strike many OAPS could be left stranded at bus stops because the bus company won't put notices on the bus stops to inform people. Thank you.

CR2, Croydon

It's OK, cr2. I'll give you a lift if I see you stranded.

Anne Giles, Seldon

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Text: **Start message with SLGTXT (if your phone has a body text or subject space, make sure that keyword is mentioned in both), leave a space and text your comment (up to 160 characters). Send to 80360***

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Letters may be edited for reasons of space.

On the web: **your localguardian.co.uk/interactive/messageforum/**

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Between 10 and 15 per cent of all mothers of healthy children will experience postnatal depression, when parents are expected to be at their happiest. DIANA PILKINGTON reports

More than just baby blues

Baby blues: Up to 15 per cent of new mums suffer from postnatal depression

Having a baby is hailed as one of life's greatest joys.

And those precious early moments, such as picking a name, choosing a colour for the nursery, and counting those tiny fingers, should be full of excitement about the future.

But for a number of women, the experience is not the bliss they were hoping for.

Between 10 and 15 per cent of all mothers of healthy children will suffer from postnatal depression (PND), and just as many feel depressed during the pregnancy as afterwards.

It can come as a huge blow at a time when women are expected to be at their happiest.

Dr Andrew Kent, consultant perinatal psychiatrist at South West London and St George's Mental Health Trust, said: "Any of us who've been parents have high expectations.

"We go into pregnancy thinking everything will be wonderful. For many of us, it's not. It can be very upsetting."

It is not known who will suffer from PND, but it is thought to be triggered by a combination of genetic vulnerability and life events.

Although having a baby is usually seen as a positive experience, it is nonetheless a major event in a person's life and the associated stress can have an adverse effect.

MENTAL HEALTH
It's everyone's business

Symptoms of PND are similar to those of depression at other times in life, with low mood, more tiredness and fatigue than normal, and a diminished capacity for enjoyment being the core signs of the condition.

Sufferers can also experience a loss of appetite, a sense of hopelessness and despair, and lack of sleep – making the depression at times tricky to spot as sleeplessness is part and parcel of dealing with a new baby.

Another associated problem that many depressed new mums fear is difficulty in forming an attachment to the new child. If left untreated, this can have risks for the baby, and for boy babies in particular can lead to lower IQ levels.

However, Dr Kent stressed that many mothers with PND have no trouble bonding with their child at all.

"It is important not to panic if you don't experience the full bond immediately," he said.

Dr Kent added: "There's a wide range of experience. Some people are bonded from the word go. And for others it is a bit delayed."

One thing is clear though. Seeking help for PND is better than hoping it will go away of its own accord, and Dr Kent said treatment will speed up the recovery.

This comes in the form of medication, psychological help such as cognitive behavioural therapy and support groups, and social help to address any other factors that could be adversely affecting the new mum.

And if a woman has already suffered from the condition, her chances of getting it again are one in four, so those with a history of depression or PND could benefit from contacting their doctor in advance to work out a plan of care.

"You cannot avoid life's stresses," said Dr Kent, "but if you have a history of PND then thinking about ensuring you get good night's sleep and what support your family can give is important."

Jennifer, in her 30s, has two young children and suffered from depression after the birth of each one,*

"The depression seemed a lot more severe the first time. During the pregnancy itself, I was really happy and was really looking forward to having the baby.

"But the problem started three or four days after he was born. Your hormones are all over the places anyway so at first I just put it down to baby blues. After six weeks it was clear I wasn't coping. I wasn't sleeping, I felt sick all the time and just had a feeling of gloom in a way that I had never felt before. Even if the baby was well behaved, everything seemed overwhelming. I would phone my husband at work and say 'Can you come home?'.

"It was disappointing because when you are pregnant, especially for the first time, you think you and the child will be so close and you plan all the things you will do.

"People tell you you are doing all the right things but you do not believe them. After six weeks, I went for a check-up. I just sat there and cried for God knows how long.

"She gave me anti-depressants. They took a while to kick in, more than a month. Once they work, you start to see the wood from the trees.

"You realise that you do not really have all the problems you thought you had. And it's comforting to know that lots of people feel that way and that you're not the only one.

**Name has been changed*

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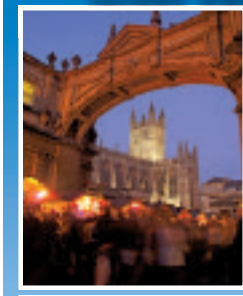

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Jenkins is on the move

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Originally deployed as a health system, with patients complaining of illness, western medicine and its separation of the internal and external systems means that it has rather degraded into patients only complaining of aches, pains and sports injuries. (Does it matter if a rugby player falls on the stairs or the field?) However, the general health of osteopathic patients is much better than they are aware after treatment.

Fees are usually reasonable throughout the profession and the majority of patients only require a short course of treatment. Although private, most insurance companies will accept the costs.

In the Epsom area, Mr Jenkins has been honing his skills for over two decades and seen most of what is likely to present. Formerly in College Road, he has recently moved his surgery to the top of Ashley Road and is available for consultation from Monday to Saturday on 01372 726080.

OSTEOPATHS

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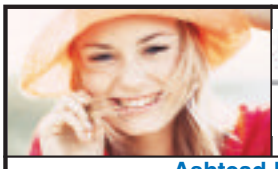

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Cosmetic Surgery information evening
Wednesday 24 September 6.30pm
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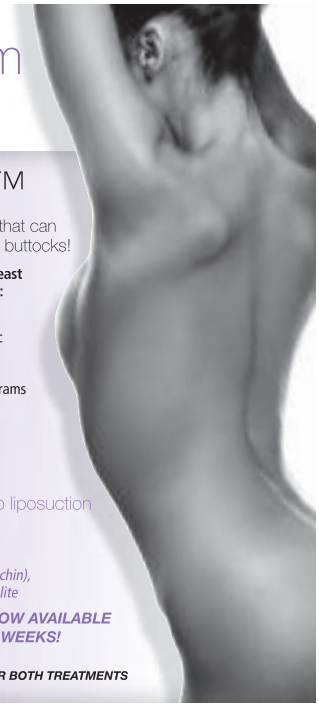
To book your place or for further information please call
Christy Pickering on: 01372 221647
or
Michèle Burton on: 01372 221444

It is essential to book your place as these meeting are very popular.

The Epsom Skin Clinic



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Health matters

Advertisement Feature

A healthier holiday homecoming

Don't let the end of summer get you down – follow our tips to get you back in peak physical and mental health for autumn. By Sarah O'Meara

Touching down on the tarmac after your summer holiday can be a horrible moment. With your tan already fading and a growing awareness that your trousers feel a bit tight, it can feel like the end of the world. But is there a way to avoid that post-holiday sinking feeling?

According to Dr Wendy Denning, one of the UK's leading GPs, maintaining your summer glow is about more than using fake tan.

"Once your holiday is over, people have not only to deal with the end of the event, but also the end of all their dreaming," she says.

"Expectation is part of a holiday. So I tell patients who feel down at this time of year to start thinking about their next holiday because you get as much out of the fantasy of what your holiday is going to be like, as you do from the reality."

Karen Salmansohn, author of The Bounce Back Book, agrees that holidays can be an intense emotional experience.

"When you you come home from vacation you often become especially aware of that 'gap' between what you now have and what you now want. Holidays give you time to reflect and this can make coming home hard. You're confronted by making those self-promised changes."

But Salmansohn adds that doesn't mean we should treat holidays as anything less than life-enhancing treats.

"Post-vacation is the perfect time to channel all that restorative vacation energy into new habits which bring you the life you truly desire and deserve."

Of course that's easier said than done.

Denning says that it's far easier to enjoy the mental benefits of your holiday if you've given yourself an easy physical ride while away.

"Holidays are often accompanied by extreme behaviour. People go on crash diets beforehand or work incredibly hard up until the last minute. Then they get there and binge on food and alcohol. All this can put incredible stress on a person's system at a time when they're trying to unwind and relax."

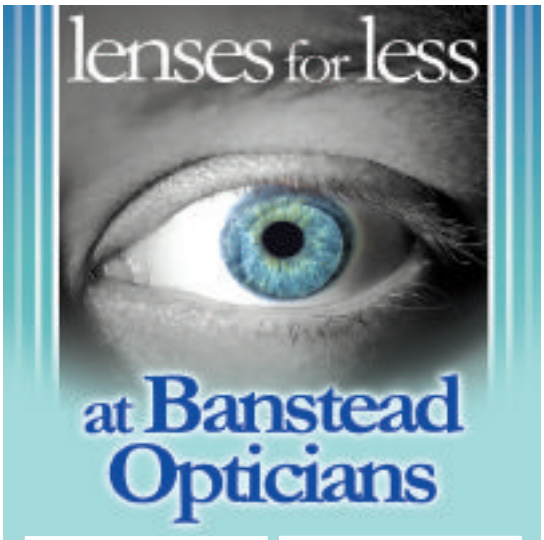
Denning says that as a result, post-vacation blues are very common.

"I see a surge in patients suffering symptoms such as tiredness, irritability, lack of concentration, nostalgia and loss of appetite and many wonder whether it was worth having a holiday at all. But if they make sure they keep an eye on their diet and exercise levels while they're away, they'll find their mood is better and it easier to readjust into everyday life."

Salmansohn agrees that while it can seem hard to shift those post-holiday blues, there are lots of wonderful reasons to come home.

"I went through a bad time a few years ago and found my first instinct was to stay home and eat lots of chocolate. But in fact, research has shown people who successfully bounce back from hard times, seek out their real friends and stay in touch. So, if you're going through a challenge, make a list of 10 people you consider friends and make sure you spend a few hours a week with them. You don't have to go away to be find out what you love about life."

Maintaining your summer glow is more than using fake tan



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University researchers say. Antidepressants are useless?

Prescribing antidepressants to the vast majority of people with anxiety is futile, because the drugs have little or no impact at all, according to researchers at Hull University.
Almost 50 clinical trials for four drugs, were reviewed by university psychologists, who found that the latest generation of antidepressants worked no better than a placebo for most patients.
Alison Cobb, the policy officer at Mind, a mental health charity in the UK that wants doctors to favor alternative therapies, hailed the findings.
Hypnotherapy/CBT was shown to be over twice as effective as most other talking therapies at combating anxiety according to Mary Lee Smith researcher at University of Colorado in her book, The Benefits of Psychotherapy.
The Surrey Institute of Clinical Hypnotherapy offers specialist skills in coping with anxiety, depression, and many other areas which affect quality of life.
Paul Howard, the anxiety specialist at the Wallington office, said "One of the first things we do with anxiety clients is to help them realise that anxiety is simply a normal response happening at inappropriate times. The brain is generating a fight or flight response based on fictitious beliefs and stimuli. The key to resolving their anxiety is to correct these fictitious beliefs in the sub-conscious and thereby stopping the inappropriate response."

The Surrey Institute of Clinical Hypnotherapy is based in Wallington can be contacted on 0800 849 7001 lines open Mon - Sat 8 am to 8 pm or the website on www.sich.co.uk.

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3

There are just three weeks left to nominate someone for a Green Guardian Award. Go to www.greenguardian.co.uk and click on Awards for full details and a nomination form.

Free showers for healthy staff

by JAMES PEPPER
jpepper@london.newsquest.co.uk

Workers who take a healthy route to their jobs can freshen up for free under a hotel chain's showers.

In a London first, people who walk, run or cycle to work in Sutton town centre can now enjoy free morning showers under a new initiative from Smarter Travel Sutton.

During a six-month trial, which started on Monday, employees who work in a building without a shower can use the changing rooms at the Holiday Inn London-Sutton on Gibson Road.

If their employer is part of the Sutton town centre business travel network, workers can simply turn up at the hotel with an ID card and enjoy a free shower. However, they must bring their own soap and towels.

The offer is available to more than 5,000 staff employed by over 70 businesses in Sutton town centre.

It aims to encourage more people to leave their car at home and walk, run or cycle to work, improving their health and productivity in the workplace while reducing congestion on the borough's roads.

Smarter Travel Sutton is a three-year, £5m partnership project between Sutton Council and Transport for London (TfL) to reduce car use and promote sustainable travel.

Councillor Colin Hall, executive member for the environment on Sutton Council, said: "People have told us that they would travel to work under their own steam more often if their workplace had showers.

"While many businesses encourage staff to use sustainable travel, not all have the money or the space to install changing facilities."

Simon McLaughlin, operations manager at the Holiday Inn London-Sutton, said: "We are excited to be able to support the campaign and help promote the local economy while we collectively strive to improve the immediate environment for residents, businesses and guests alike."

David Rowe, head of core programmes, Smarter Travel Unit at TfL, said: "This is a great opportunity for people in Sutton town centre to start cycling, running or walking to work, especially for those who don't have shower facilities in their workplace and may have previously been put off the idea because of it."

Cleaning up: Alex Panayi, Jill Scarlett and Joanna Czerwona of Holiday Inn, Sutton Deadlinepix SU22703

For more green news, visit us online at www.greenguardian.co.uk

Top Tip

❑ Avoid using unnecessary cleaning products. Try mopping tiled floors with a cup of white vinegar diluted in a gallon of warm water, then rinse. The results will be just as good without the use of environmentally harmful chemicals

❑ Have you got any green top tips (50 words max please)? Post them at greenguardian.co.uk by clicking on Get Involved and then Top Tips.

The Big Picture

❑ Nearly half of Australia is largely untouched by man, a new study has found, making it one of the biggest wildernesses in the world, ranking alongside the Amazon rainforest and Antarctica.

Three million square kilometres – an area 12 times the size of mainland Britain – has been left pristine, according to a report from the Pew Environment Group.

Barry Traill, its co-author, said: "As the world's last great wilderness areas disappear, to have a continent with this much remaining wilderness intact is hugely significant."

ECOnews

BRUSSELS TO DEBATE NEW CO_2 LAWS: While congestion charging schemes to control CO_2 emissions from traffic are proving controversial in London and elsewhere, there's a chance that Brussels may act on the problem very soon.

Next week, MEPs have an opportunity to debate new laws in the European Parliament which could force car manufacturers to upgrade their fleets so less CO_2 is pumped out in the first place. Greenpeace campaigners are in agreement with organisations such as Friends of the Earth and the Alliance against Urban 4x4s – and believe the maximum emissions a car should produce is 120g of CO_2 per km, shrinking to just 80g by 2020.

Q & A

Last week's answer: Each household produces about one tonne of rubbish annually, the equivalent of about 29.1 million tonnes for the UK each year.

This week's question: What percentage of carbon emissions comes from the way we travel by cars, aeroplanes and trains?

Win tickets to the Homebuilding and Renovating Show

With £6bn worth of energy wasted in UK homes every year, it is no surprise that attitudes towards eco-friendly building have changed in the last few years.

In response to the growing demand for advice, Wimbledon-based architects J7 Architecture, as part of ASBA, a national network of architects, are launching the Greener Home Improvement Report at the London Homebuilding and Renovating Show at ExCeL London from September 19 to 21.

For more information and the chance to win tickets to the show, go to **www.greenguardian.co.uk** and click on Offers.

Bottoms up for a new carbon neutral ale

The UK's first carbon neutral cask ale has been launched in Cheam.

The ale, East Green, will be served to customers in The Harrow Inn on Cheam's High Street and was produced by Adnams, the UK's leading environmental brewer.

The ale will be available at the inn from today until the end of the month.

Colin Woods, manager of the Ember Inns pub, said: "As a pub manager you get to hear about what matters to your guests and helping to preserve the environment certainly comes high up their agenda.

"That's why we are absolutely delighted to be given the opportunity to be the first pub group to stock Adnams East Green ale, the UK's first carbon neutral ale.

"Real ales are living beers that come in many different varieties, I'm sure East Green will excite the palettes of all of our expert ale drinkers.

"It is a dry and refreshing beer with a subtle citrus and grassy hop aroma.

"It might even encourage other environmentally conscious guests to give it a try too."

The ale was developed at Adnams' eco-efficient brewery in Southwold, with the help of the University of East Anglia's carbon reduction CRed team.

The eco-ale (4 percent ABV) was produced with the use of an energy recovery system that recycles 100 per cent of the steam created during the brewing process.

The system then makes use of the leftover steam to heat 90 per cent of the following brew., helping to save electircal power.

Pint: The ale has a citrus taste

Your local Green Reporter

If you have any green news stories, get in touch with James Pepper on 020 8330 9541 or email **jpepper@london.newsquest.co.uk**

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Predicted and actual cost of a wedding

Wedding ceremony	Predicted cost £1,759;	actual cost: £2,752
Wedding reception	Predicted cost £4,788;	actual cost: £7,725
Rings	Predicted cost £2,270;	actual cost: £1,900
Honeymoon	Predicted cost £2,652;	actual cost: £3,395
Outfits & accessories	Predicted cost £2,152;	actual cost: £2,998
Other (hen & stag)	Predicted cost £2,306;	actual cost: £630
TOTAL:	Predicted cost £15,927;	actual cost £19,400

Top 10 'must-haves' for a dream wedding

1. Good weather	(76 per cent)	Average cost: n/a
2. Picturesque venue	(70 per cent)	Average cost: £2,200
3. Stunning flowers	(31 per cent)	Average cost: £550
4. Handsome groom	(29 per cent)	Average cost: n/a
5. Vintage car for transport	(18 per cent)	Average cost: £488
6. Storybook wedding album	(16 per cent)	Average cost: £887
7. Designer wedding dress	(15 per cent)	Average cost: £1,310
8. Horsedrawn carriage	(14 per cent)	Average cost: £750
9. Famous band/singer	(7 per cent)	Average cost: £458
10. String quartet	(6 per cent)	Average cost: £350

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Good weather is top of the wedding list

When it comes to the perfect wedding, good weather is top of Brits' wishlist, according to the latest research. While summer should be the perfect time for tying the knot in the sun, the unpredictable UK weather means that there is no guarantee

Love may be in the air this summer, but there is a great deal of uncertainty among Britons over the total cost, and the cost of individual aspects of a wedding.

The research conducted by Alliance & Leicester Personal Loans, reveals that a modern wedding is likely to be a lot more costly than people expect, with a possible budget shortfall of 22 per cent. The average wedding actually costs £19,400, nearly £3,500 more than the £16,000 those surveyed expect their big day to cost.

Richard Al-Dabbagh, head of Personal Loans at Alliance & Leicester, said: "Money can't buy you the perfect wedding, with

the weather being unpredictable at best. This was best illustrated in the recent Rooney wedding, where even a total spendof £5million on their Italian nuptials could not stop the day being a washout.

"Most Brits can only dream of a budget like Wayne and Coleen's, so it is unsurprising that we have lower expectations of what a wedding will cost. Even so it appears that the actual cost of the big day is greatly underestimated, and it is essential to assess finances when budgeting for your special day. It may be sensible to opt for a low-rate personal loan to help with wedding day finances."

Carol Richardson from Confetti.co.uk explained: "The secret to a perfect wedding is in the planning. Most couples only expect to get married once, and naturally they want this to be the best occasion of their lives. However, a good wedding is one where both parties are happy and relaxed.

"Careful planning means setting a realistic budget from the outset, shopping around for low- rate loans as well as the best deals on products and services."

Londoners place the most stock by a designer wedding dress. Seventeen per cent say this is a must-have for their dream wedding, compared to just five per cent of those in Brighton.

** Research carried out by Tickbox.net among a sample of 1,471 adults in Q1 2008.*
*** All costs from Confetti.co.uk unless otherwise stated.*

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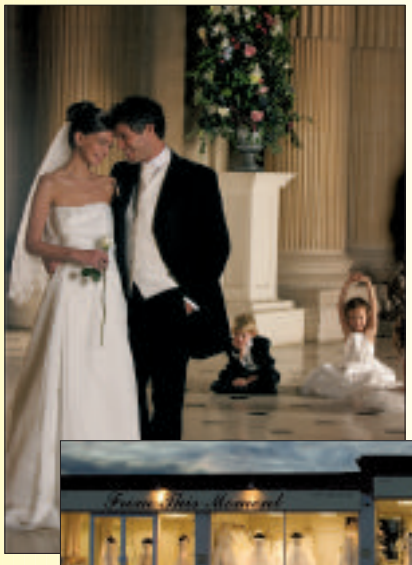

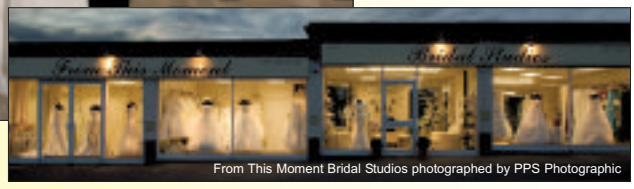

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Wine and dine

Advertisement Feature

Food facts

If your sex drive needs a bit of a boost try eating some libido-lifting foods. Adding ginger to your meals will improve your blood flow, chocolate can stimulate your libido and almonds can help men produce healthy sperm.

Strawberry flavour

Shoppers who love the taste of strawberry flavoured drinks and sweets will have to say goodbye to some of their favourite products. Food manufacturers are banning certain food items because they contain little to no fruit and are high in E numbers. But, if you like the taste of strawberries they come into season at the end of next month.

Olive oil

Even though this super food is rich in heart-healthy fats and better for you than butter and margarine, it should still be used in moderation. Try using spray oil on salads and when frying moderate the amount of fat in your diet.

Sweet as honey

Honey has many health benefits including soothing a sore throat when you're coming down with a cold. But, even though it's natural and contains antioxidants, it's still a sugar and should be used sparingly. You could try using berries and nuts to sweeten your cereals and salads as a healthier alternative.

Brown bread

Make sure you don't get mislead by the packaging because brown bread is only good for you if it's wholewheat or wholegrain. Other variants of brown bread use fibre and germ, which means the good nutrition is removed in the process.

Got milk?

The dietary guidelines recommend that we all have at least three servings of milk a day in our diet. But the best way to keep in control of your calories intake and still get your calcium is avoid whole milk.

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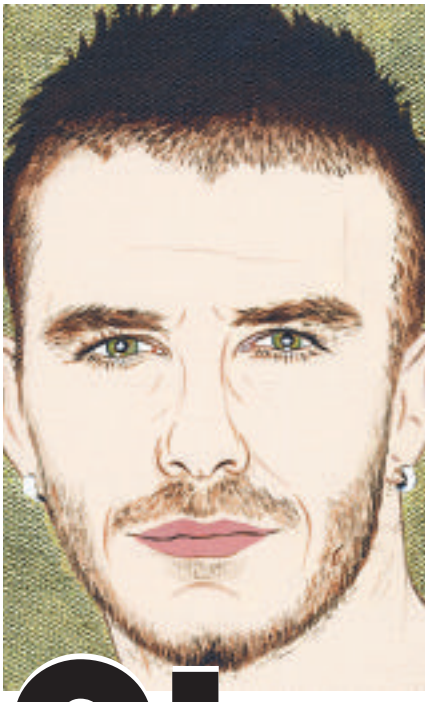
RockStock goes acoustic See page 48



Stars in her eyes

ART: Uptown Girls, Corner Gallery

Will Gore

You may recognise some of the faces staring down from the wall of the Corner Gallery's new exhibition. Teresa Witz's exhibition Uptown Girls features images of celebrities, including David Beckham and Cher, a subject that holds great fascination for the artist.

"When I started my doctorate programme in 2002 I had a long standing interest in 'vanitas' paintings, both historical and contemporary," she says.

"This developed into an interest in creating contemporary iconic images of celebrity personalities. I am interested in celebrity icons, such as David and Victoria Beckham, Kylie Minogue and Cher.

"I want to show these celebrities to be anonymous as people but familiar as brand images. I'm fascinated by how these celebrity icons continually re-invent themselves for mass consumption."

Witz has exhibited widely in London, including at the Chambers Gallery, the Menier Gallery, Queen Elizabeth Hall and Euston Station. She trained at Wolverhampton College of Art and the Sir John Cass School of Art and was awarded her doctorate in fine art by the University of East London in June.

In the late 80s she won a prize in the London Photography competition for hand tinted black and white photographic portraits of homeless men from London.

Witz takes inspiration from other artists including Patrick Caulfield, Alex Katz and Matisse. Based at a studio in east London she also teaches private classes and life drawing workshops in Essex ("I enjoy teaching but my life as a professional artist has always been my priority," she says).

Teresa Witz

Uptown Girls has seen Witz develop her approach by making art out of composite images of photographs and she recognises the kitsch value in her work.

She says: "I deliberately reference kitsch in my paintings of Kylie and Cher. Kitsch holds a fascination for me, and I want to include references in my portrayal of people through their kitsch clothing, decorations and objects.

"My work deals with glamour and style. It references good taste and bad taste but my overriding concern is with the pose and the way that I can appropriate the manufactured 'chic kitsch' within the composition."

Witz denies that her images, particuarly of women, are in any way provocative:

"I have portrayed women as independent and challenging rather than provocative. The paintings are not voyeuristic. My hope is that women will feel empowered when viewing the paintings."

Uptown Girls at the Corner Gallery, 11a Beeches Avenue, Carshalton Beeches, until September 20. 10am- 5pm (Monday-Friday), 9am-2pm (Saturday). Call 020 8669 5899.

Take to the stage

Fancy yourself as a bit of an actor? If you answered "yes, darling", then Mayhem Musical Theatre Company want to here from you.

The company are currently looking for further cast members for their forthcoming amateur production of Seussical the Musical, which is being performed at the Secombe Theatre, Sutton, from November 5-8.

As well as chorus roles available for both men and women, there are still some male principal roles to be filled – The Mayor (age 35+), and two Wickersham Brothers (aged 16-40).

Rehearsals for the show are on Thursday evenings and some Sunday afternoons in Morden/South Wimbledon.

This is a fantastic opportunity to join a thriving amateur theatre company and tread the boards at your local theatre.

Mayhem Musical Theatre Company is made up of a group of friendly and talented people who love acting, singing and dancing in their spare time and new members are always welcome.

This family extravaganza is based on the children's stories by Dr Seuss, including The Cat in The Hat, Horton Hears a Who, The Grinch and Green Eggs and Ham.

If you would like to get involved then please contact by emailing mayhem.theatre-company@btinternet.com for further details or to arrange an audition.

The week ahead

On a roll

It's only rock 'n' roll but you'll like it! On Friday the Rollin' Stoned play the best of the Stones' hits from1964-1969, including Jumping Jack Flash, Paint It Black and Satisfaction. Boom Boom Club, Sutton United FC, Borough Sports Ground, Gander Green Lane. £10 (advanced), £12 (on the door).

Having a laugh

Sutton Amateurs are putting on a concert of laughter and lyrics as part of their 80th birthday celebrations. The show, at Sutton Village Hall on September 5 - 6, includes a short play, Making Nice, and songs from the musicals. **Tickets are available from Londis Stores, Main Street, or by phoning 01535 632 289.**

Guitar hero

See singer-songwriter James Hollingsworth play at the Running Horse on Saturday night. Hollingsworth plays modern rock songs with a unique guitar style. The Running Horse, 38 Bridge Street, Leatherhead, KT22 8BZ. 01372 372 081.

Rat packing them in

On Sunday night the Embassy Big Band play the best of Frank Sinatra and Dean Martin, as well as some Glen Miller and Duke Ellington favourites. Sunday, September 7. **The Rubbing House, Epsom Racecourse, Epsom Downs. 01372 745050.**

Come and sing!

Give your vocal chords a workout by joining in with a recital of Brahms's Ein Deutches Requiem. Be at St Martin's Church Hall, Church Street, Epsom on Wednesday at 7.45pm.

For more events see page 51

EVENTS: Coffee Concert, Wallington library

Will Gore

For all those classical music enthusiasts out there, Wallington library will be launching its second series of free coffee concerts on Wednesday, September 10.

The first series attracted big audiences and it is hoped the new season of concerts will prove to be just as popular with the local community.

The concerts of recorded music last an hour and guest speakers give a brief introduction to each piece.

The Mayor of Sutton Councillor Brendan Hudson, Councillor Graham Tope and Tom Brake MP will be there to launch this fortnightly series.

Coun Tope, executive member for leisure and libraries, said: "This has been a successful series designed to promote classical music in the borough.

"The turnout was high for the first round of concerts and we expect this series to be a big hit with all fans of classical music."

The first coffee concert at Wallington library, Shotfield, Wallington, starts at 11.30am on Wednesday. Call 020 8770 4900.

A first for RockStock

MUSIC: RockStock acoustic night, Charles Cryer Theatre

Will Gore

For five years RockStock has been hosting the noisiest and best young bands in the borough – but now the amps are being turned down from 11 as the very first RockStock acoustic night comes to the Charles Cryer Theatre.

But why the change in approach for the popular music night? Organiser Gary Milsom explains: "We have occassional opening acoustic sets that go down well and we've had one or two requ-ests to put on an acoustic gig.

"With three RockStock's in quick succession we thought it would be good chance to do it."

After putting the word out about a proposed acoustic night Milsom found plenty of takers and the acts confirmed for the show on Friday are Room 253 (see Band Focus on page 49), Worn Down, Acoustic Indifference and Gino D'Andrea. There will also be sets from members of popular local bands S.O.U.N.D, Warning and First Strike.

Milsom says: "I was astonished by the response – we've got four more acts waiting in the wings ready to play. We like to look after the bands and this is about giving them new opportunities.

"RockStock is approaching its fifth birthday and we've tried to put on a new band at every show – it is all about opening the door for talent in the borough."

The new venture will not mean the end for the electric RockStock, but will the died in the wool rock fans like this new approach?

Milsom says: "Those familiar with RockStock seem pleased but I'm also keen to attract new fans who might not be into the rockier bands."

With close to 600 bands having played on the Rock Stock stage over the last five years, Milsom is hopeful this number can grow with an acoustic night becoming a regular date on the RockStock calendar.

He says: "The night must stand on its own merits. Like with the original RockStock it needs to be built up slowly and is now an institution. Hopefully, it will be the same with the acoustic night."

RockStock's acoustic night, Charles Cryer Theatre, Friday, September 5, £5. Visit myspace.com/rockstocklive

Acoustic Indifference

Worn Down

S.O.U.N.D

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DISASTER MOVIE (12A) 13:40, 16:00, 18:20, 20:30
MAMMA MIA! (PG) 12:10 (Not Sat/Sun), 14:50, 17:30, 20:00
STEP BROTHERS (15) 14:00, 16:20, 18:40, 21:00
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GET SMART (12A) 12:20, 18:00 (Not Weds)
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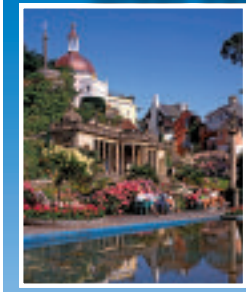

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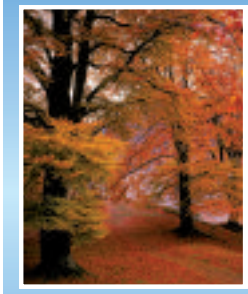

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Band focus Room 253

In control: Gordon Shephard

Introduce yourself

I'm Gordon Shephard, based in Epsom and about to start my A2s at college. I've been doing music – and not much else – for as long as I can remember. I took up piano when I was about five or six and started organ lessons at the age of nine. I bought my first guitar and amp about three years ago.

Sound/influences

I like to believe I'll listen to anything, but there are limits. I draw influence from a huge variety of stuff. My favourite acts include Bloc Party, Tellison, Dartz, Tubelord and I Was A Cub Scout but of all the bands I listen to, I draw influence from very few.

When did it all start?

I've been playing gigs since Year Eight. I was asked to play piano with my brother's band for his summer gig at school. I started the whole solo project thing around May last year. At my first gig, I used my sister's laptop and a Midi keyboard I borrowed from a friend.

Any groupies?

Not sure about groupies. My most loyal fans are probably the people closest to me. A fairly strange guy who lives out in Wrexham, Wales, claims he's my number one fan though.

Where do you play?

I'll play wherever and whenever I can. Gigs provide the best exposure. I often play Rockstock, Nescot band nights and City Sound.

Best/funniest moment?

Possibly the funniest moment was when I was playing a set in Epsom town centre and an old woman assumed I was busking and tried to give me change.

Any singles/EPs/albums?

I released an EP on August 11 – six tracks, plus a bonus. The whole thing took about three months. Each copy has a handmade sleeve, which means they take ages to make.

Song you wish you had written

Either Like Eating Glass by Bloc Party or Close To Me by The Cure.

Fantasy festival line-up

Probably Chromeo, Tellison, Futureheads, Bloc Party, Queens Of The Stone Age (Grohl on drums), Daft Punk.

Anything else?

My MySpace is myspace.com/room253music and my website is room253.co.nr.

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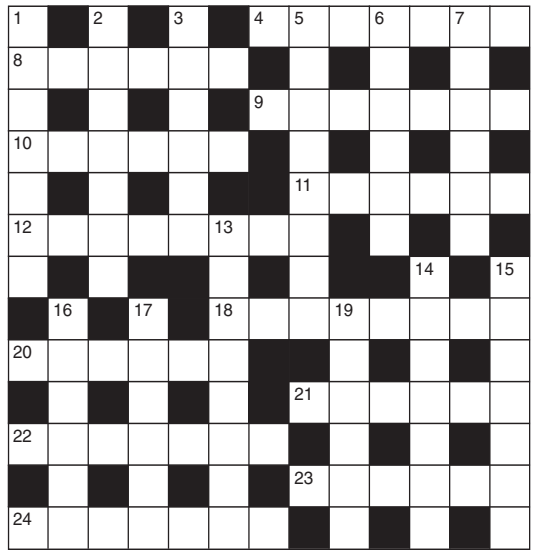

ACROSS

4. Deprived of contents (7)
8. Female warrior (6)
9. Meantime (7)
10. Affluence (6)
11. Means (6)
12. Client (8)
18. Droop (8)
20. Ability (6)
21. Decayed (6)
22. Favoured (7)
23. Carry too far (6)
24. Exhaust (7)

DOWN

1. Whim (7)
2. Irony (7)
3. Spanish dance (6)
5. Orange (8)
6. Stand unsteadily (6)
7. Show (6)
13. Abuse (8)
14. Reservoir (7)
15. Apparition (7)
16. Regulate (6)
17. Writing instrument (6)
19. Rut (6)

Last Week's solution:

Across: 1 Cold-hearted; 9 Rub; 10 Automaton; 11 Dodge; 13 Terrier; 14 Muffle; 16 Depart; 18 Non-stop; 19 Eject; 20 Nobleness; 21 Wed; 22 Leaseholder

Down: 2 Orb; 3 Drape; 4 Estate; 5 Remorse; 6 Extricate; 7 Predominant; 8 Ingratitude; 12 Definable; 15 Letters; 17 Speech; 19 Easel; 21 Woe.

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Tue 9	John Gent	AG	Lunchtime Event
	Gary Wilmot	CH	Music/Chat
Fri 12	The Dualers	CH	Ska Music
Sat 13	Brian Martin & Worship 4 Life	CH	Gospel Event
Sun 14	Rhema Ministries	AT	Worship Event
Tue 16	Carlo Curley	CH	Lunchtime Event
Wed 17	Ron Moody in Here's Richness	AT	One Man Show
	Best of British Variety Tour 2008	CH	Variety Event
Thu 18	Tim Vine	AT	Comedy

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Admission to Boot Sale: Adults Before 8am £1
From 8am 50p - Children free
Enquiries: 01372 724568 No booking required

GRAND CAR BOOT SALE
Wimbledon Stadium Car Park, Plough Lane SW17
Every Saturday – Cars £10 Vans £20
Admission £1 after 8.30am or £2 before
No New Goods Allowed All on hard standing
01932 355538

GIANT SUNDAY MARKET
Wimbledon Stadium
Every Sunday 8.30am-2.30pm
Stall enquiries call
020 7240 7405
Also Car Boot Sales & Antique pitches, etc.
Every Wednesday 10.30am - 2.30pm
01932 355 538

CAR BOOT SALE
SUNDAY 8.30 -1pm
Banstead Athletic Sports Ground
Merland Rise
(off Great Tattenham's), Tadworth
Licensed facilities, Refreshments etc
Cars £10, Vans £15, Trailers £3
Massive public attendance
Bucket Collection for Royal Marsden Cancer Campaign
Charity No: 1095197

BLANK DISCS (Packs of 25)
Maxel CD-R XL-II 80 £3.99 per pack
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Car Boot Sales

The Shooting Star Children's Hospice
GRAND CAR BOOT SALE
Jct Tamworth Lane & Cedars Avenue, Mitcham
SUNDAY 7th September - Fortnightly thereafter
Cars £8, Vans £10 no booking required
Sellers 10.30 am, Buyers 11.00 am
Admission is only 50p per adult, £1 before 11.00 am
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Stafford Rd Wallington
Boot Sales 2008
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7th of September
Gate open at 7.00am
cars £10 & vans £15
no food or beverage venders
For enquires phone Norman on 020 8644 9363 or mobile 07976 932999

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OPEN EVERY SUNDAY ALL YEAR
SUNDAY 7th SEPTEMBER 2008
7.00am - 1.00pm
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CARS £12 VANS FROM £24 TRAILERS FROM £3
HARD STANDING - ALL FACILITIES
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ESTABLISHED 17 YEARS!
Next event Sunday 14th September

Jumble Sales

7th Banstead Scout Group JUMBLE SALE
At Scout HQ
Behind the Methodist Church
The Drive, Banstead
Friday
19th September
7.30pm

WALTON ON THE HILL SCOUTS & GUIDES JUMBLE SALE
Saturday
6th September,
2pm to 4pm
At Walton Scout & Guide HQ
Opposite Chequers Pub

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For enquires or bookings please call Claire on 0208640 4488 - Option 2

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Club A2Z

The Pilgrim Quilters

Stitched up: The Millenium Quilt

What do they do?

The Pilgrim Quilters promote the crafts of patchwork, quilting and appliqué and has been doing so for 28 years. In 1980 a small group of enthusiasts got together – now there are 60 members meeting monthly at The Banstead Centre, The Horseshoe, Banstead. The meetings alternate between stitch and share evenings; social sew-ins when members show off their own work, learn new techniques and take on new projects, and talks by professionals who bring quilts to be admired.

Picnic time

Each August the group organises a picnic and sew-in in a member's garden, and a party follows the AGM in December. Every two years The Pilgrim Quilters holds an exhibition of members' work in support of a selected charity.

This year sees its 18th such exhibition. It will be held at Priory School, Bolters Lane, Banstead SM7 2AJ on Saturday, October 25, and Sunday, October 26 from 10am – 4pm. As well as the display of quilts there will be sales tables, demonstrations, raffle, tombola and refreshments.

Admission is £1.50 (accompanied under-16s free). The exhibition will be in support of Headley Court Help for Heroes.

Through such exhibitions The Pilgrim Quilters has raised over £14,000 for charities including the Diamond Centre for Disabled Riders.

Outside help

Many members also use their skills outside the group.

They have set up sub-groups which meet in members' homes; they support other charities such as the Royal Marsden Hospital and Chernobyl.

Currently, one is making girls' dresses for an orphanage in Uganda, and several others volunteer their time to the Day Centre, Banstead, where they help others wishing to learn patchwork and quilting.

Millenium quilt

The Millennium Quilt first exhibited in 2000, was a group effort with almost every member contributing her skills in some way.

A photograph of this quilt was included in a book presented to the Queen by Surrey County Council in celebration of the Golden Jubilee.

Joining up

The Pilgrim Quilters is open to new members who receive a welcome pack which includes a badge and a booklet.

The booklet was published last year and, as well as relating the history of the group, features personal stories from past and present members.

Membership subscription is £10-a-year, plus £2 admission to meetings. Visitors are also welcome and admission is £4.

Phone chairman Chris Ewart on 0208 669 0165 for more information.

GET YOUR GROUP FEATURED
Email Will at
wgore@london.newsquest.co.uk

YOUR EVENT could appear HERE

Fill in a form at yourlocalguardian.co.uk/events

thursday, september 4

GIGS
Live Jazz Every Thursday. Every Thursday. Epsom Jazz Club present some of the best acts in the world. Entrance is free, however a voluntary contribution of £2 will be requested to make sure the club can keep attracting top names. 8:30pm. The White Horse, 63 Dorking Road , Epsom. Free. 01372 726622. enquiries@whitehorseepsom.com.
FILM
The Kite Runner (12a). Based upon the book by Khaled Hosseini. After spending years in California, Amir returns to his homeland in Afghanistan to help his old friend Hassan, whose son is in trouble.. 8:00pm. Epsom Playhouse, Ashley Avenue, Epsom. Film ticket £5.75 (Pass Card £4.60). 01372 742555. epsomplayhouse.co.uk.

friday, september 5

GIGS
Rollin' Stoned. Get Stoned on nostalgia as the Rolling Stoned play the best of 1964-1969 including 'Jumping Jack Flash', 'Paint It Black', 'Not Fade Away' and 'Satisfaction'. 7:30pm. Boom Boom Club, Sutton United FC, Borough Sports Ground, Gander Green Lane, Sutton. £12 (£10 advance). 020 8761 9078. feenstrap@yahoo.co.uk.
Karaoke with Chris Rust. Supporting Help for Heroes. 8pm. Royal Oak, 265 Kingston Road, Leatherhead. Free. 01372 807670. colin.wood653@ntl-world.com.
Karaoke. Definitely not cheesy! Let your hair down with a bit of karaoke at The White Horse. Free entry and a guaranteed smile on your face. 9pm. The White Horse, 63 Dorking Road, Epsom. 01372 726622. enquiries@white-horseepsom.com.
FILM
Away from Her (12a). Starring Julie Christie. A man coping with institutionalisation of his wife because of Alzheimer's disease faces an epiphany when she transfers her affections to another man, Aubrey a wheelchair-bound mute who also is a patient at the nursing home. 8pm. Epsom Playhouse, Ashley Avenue, Epsom. Film ticket £5.75 (Pass Card £4.60). 01372 742555. epsomplayhouse.co.uk.

saturday, september 6

EVENTS
Banstead Book Fair. Second-hand and antiquarian books, thousands of books both fiction and non fiction, covering a large variety of subjects. Postcards and Ephemera. 9:15am. The Church Institute, High Street, Banstead. 40p, accompanied children free.
EVENTS
High School Musical audition. Want to join Troy and Gabriella on stage. Children aged 7-16 are invited to audition for Songtimes next production. If you are successful, rehearsals are held every Saturday from 2-4pm. Book your audition on the number below or visit songtime.co.uk. 11:00am. Leatherhead Theatre, 7 Church Street, Leatherhead. Free. Songtime 01372 372352.
FILM
The Bucket List (12a). Also showing at 8.15pm-10pm. Jack Nicholson and Morgan Freeman star in The Bucket List. Two terminally ill men escape from a cancer ward and off on a road trip with a wish list of to-dos before they die.. 6:00pm. Epsom Playhouse, Ashley Avenue, Epsom. Film ticket £5.75 (Pass Card £4.60). 01372 742555. epsomplayhouse.co.uk.
GIGS
Sunset Boulevard. 9pm. Windsor Castle, 378 Carshalton Road, Carshalton. Free. 020 8669 1191. windsorcastlepub.com/music.html

sunday, september 7

EVENTS
Help for Heroes – fete in the garden of the Royal Oak. Help for Heroes in aid of local charity Headley Court. If you can donate something for a raffle prize contact Colin or Tina at the pub. 12:00pm. Royal Oak, 265 Kingston Road, Leatherhead. 01372 808670.
GIGS
The Embassy Big Band. 2pm. The Rubbing House, Epsom Racecourse, Epsom Downs, Epsom. Free. 01372 745050. peter@rubbinghouse.com.
Cry Wolf. 9pm. The Windmill, 37 Stafford Road, Sutton.

monday, september 8

FILM
Sleuth (15). Starring Michael Caine and Jude Law. On this sprawling country estate, an ageing writer matches wits with the struggling actor who has stolen his wife's heart. Based on Anthony Shaffer's stage play. Screenplay by Harold Pinter. Directed by Kenneth Branagh.. 8:00pm. Epsom Playhouse, Ashley Avenue, Epsom. Film ticket £5.75 (Pass Card £4.60). 01372 742555. epsomplayhouse.co.uk.

tuesday, september 9

FILM
The Magic Flute (PG). Starring Joseph Kaiser, Amy Carson and Benjamin Jay Davis. Kenneth Branagh adapts Mozart's masterpiece for the big screen. A prince and his companion battle evil forces to rescue a princess. 8pm. Epsom Playhouse, Ashley Avenue, Epsom. Film ticket £5.75 (Pass Card £4.60). 01372 742555. epsomplayhouse.co.uk.

wednesday, september 10

EVENTS
Epsom Choral Society. Come and Sing Brahms Ein Deutches Requiem. 7:45pm. St Martins Church Hall, Church Street, Epsom. epsomchoral.org.uk.
FILM
The Assassination of Jesse James by the Coward Robert Ford (15). 8pm. Epsom Playhouse, Ashley Avenue, Epsom. Film ticket £5.75 (Pass Card £4.60). 01372 742555.

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SURREY
Notice of Meeting
You are invited to attend Surrey County Council's Local Committee in Epsom & Ewell on Monday 15 September 2008 at 7.00pm
Epsom & Ewell High School, Ruxley Lane, West Ewell, KT19 9JW
The Committee deals with County Council issues in the Borough. Items on the agenda at this meeting will be:
- Highways & Transport – local issues
- Epsom/St Helier University Hospital Trust
- Self Reliance Project
- Priority 4 Waiting Restrictions
- Public questions – Please let us have your question in writing to the Local Committee, by noon on 8 September 2008, contact details & email address etc., below.

There will also be an opportunity to speak with your local County Councillor, and Members of Epsom & Ewell Borough Council who also sit on the Local Committee.
For more information, contact SCC Local Partnerships Team for Epsom & Ewell, 2nd Floor, Epsom Town Hall, The Parade, Epsom, KT18 5BY. Telephone 0208 541 9437/7917, or by email to: lynda.tarling@surreycc.gov.uk or margaret.bower@surreycc.gov.uk

St Mary's Church, Beddington Park
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Hugh Scrozier piano and Pam Akhurst vocals.
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7.30pm
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South West London and St George's NHS
Mental Health NHS Trust
You are warmly invited to attend South West London and St George's Mental Health NHS Trust's
Annual Public Meeting
Conference Centre,
Springfield University Hospital,
61 Glenburnie Road, London SW17 7DJ
Thursday 25 September 2008
at 5.30pm
Topic of key debate:
Happiness is overrated

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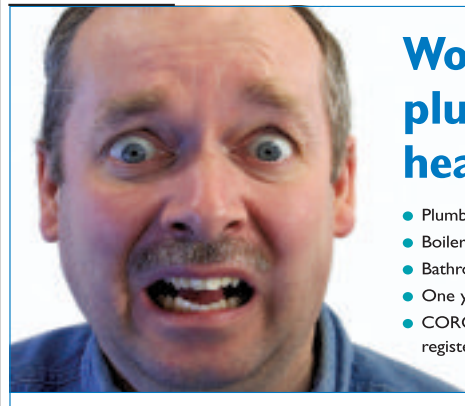

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MAMAS PAPAS 3 in 1 sprung pram, mattress, sheets, sunshade, cosytoes, r/covers,tray, matching bag, immaculate £70 01372 275 062 or 07952 512 866

MOTHERCARE Twin pushchair £60 020 8337 0470

Tools

TOOLS WANTED
Engineering & Carpentry
Small or Large Quantities
Planes, Chisels, Measuring Instruments, Cabinets, General Tools, Spanners (Snap-On/Britool), Lathes etc
I Can Also Clear Workshops & Sheds
Very Good Prices Paid
020 8661 0881
07812 004 656

Public Notices

T C S ENTERPRISE LIMITED
Company No. 5581935
Notice is hereby given, pursuant to Section 98 of the Insolvency Act 1986, that a Meeting of Creditors of the above named Company will be held at 6th Floor 2 Balcombe Street London NW1 6NW on the 23/09/2008 at 11.00 a.m. for the purposes mentioned in Sections 99, 100 and 101 of the said Act. Stephen Franklin of Panos Eliades, Franklin & Co of 6th Floor 2 Balcombe Street London NW1 6NW is qualified to act as Insolvency Practitioner in relation to the above Company and will during the period before the day on which the Meeting is to be held, furnish Creditors, free of charge, with such information concerning the Company's affairs as they may reasonably require.
Dated: 26/08/2008
TASHER SAHIR, Director
T235520

LUCY FORD (Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased late of Milner House Ermyn Way Leatherhead Surrey, who died on 12/08/2008, are required to send particulars thereof in writing to the undersigned Solicitors on or before 14/11/2008, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.
TWM SOLICITORS
Sweech House Gravel Hill
Leatherhead
Surrey KT22 7HF *T235583*

IRIS BETTY MACKAY (Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased late of The Red House 43 Skinners Lane Ashtead Surrey KT21 2NN, who died on 20/06/2008, are required to send particulars thereof in writing to the undersigned Solicitors on or before 14/11/2008, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.
TWM SOLICITORS LLP
Sweech House Gravel Hill
Leatherhead
Surrey KT22 7HF *T235677*

JOSEPHINE MARY ANTONOWICZ (aka REDGWELL) (Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 57 Kingston Avenue Sutton SM3 9UE, who died on 23/07/2008, are required to send particulars thereof in writing to the undersigned Solicitors on or before 14/11/2008, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.
CARPENTER & CO
46 Woodcote Road
Wallington Surrey SM6 0NW
T235536

Under £50

AGFA SNAPSCAN 1212 computer scanner great condition boxed, disk, cables - fully working BARGAIN £15 (020) 8688 6090

STUNNING SOLID bronze cutlery 19 piece cake service individually sealed. teakwood presentation box. Unused.£25, (020) 8688 6090

MIRROR, LOVELY large detailed gold framed bevelled edged mirror 49x37 inches excellent condition £45 (087) 5002 5214

Articles Wanted

ITEMS WANTED
Old clocks, pocket & wrist watches (not- battery).
Unwanted-broken jewellery, Silver, Gold, or costume.
Also medals, coins, vintage toys, ornaments, china, etc...
Good prices paid
020 8399 9885

Articles Wanted

WANTED
DVDs - CDs
ANY QUANTITY
CASH PAID
ID Required
StockXchange
79 Stonecot Hill,
North Cheam, SM3 9HJ
020 8644 3545

COLLECTOR
Wants to buy old English coins in gold, silver or copper
Ken
020 8669 6677

RECORDS WANTED 45's, LP's, 78's, EP's 1950-1970. Especially reggae, tamla-motown. Call (01737) 556 603

Pets Corner

Animal Life Line Charity
No. 272741
Wanted
Permanent Homes for Cats all ages
Tel: **020 8397 7768**
020 8398 1228
between 10am & 7pm
Permanent Homes for Guinea Pigs and Rabbits
Tel: **020 8274 0034**
www.animal-lifeline.co.uk

Pets Corner

CANINE CLIPS
Dog and Cat Grooming
ID MICROCHIPPING
REDUCED RATE FOR OAPS
COLLECTION/DELIVERY SERVICE
TAILOR MADE FASHIONS
COLOGNES
WALLINGTON
020 8773 4571

KITTENS
For sale. Black, Black & White, Ginger, Calico & Tortoise shell.
Very tame & healthy.
Wormed, litter tray trained and raised with t.l.c.
Outwood (between Reigate & Crawley)
01342 842 619

ADORABLE, PLAYFUL Kittens for sale. 2 Black and 3 Tabby. Only £25 each (quick re-homing needed) Ring 07757 326 145 now.

JACK RUSSELL Bitch. 7'months old, had all injections, house trained, will make great pet. £150. 07904 084 504

KITTENS FOR-SALE Black & White, 6'weeks old, vet inspected, weened & litter trained. 07759 950 996

LOVELY BLACK & White kittens. Litter trained and wormed, ready now. £50. 01737 213 689

Public Notice

EPSOM AND EWELL BOROUGH COUNCIL
TOWN AND COUNTRY PLANNING ACT 1990
PLANNING (LISTED BUILDING AND CONSERVATION AREAS) ACT 1990
TOWN AND COUNTRY PLANNING (GENERAL DEVELOPMENT) ORDER 1995
NOTICE OF APPLICATION FOR MAJOR DEVELOPMENT
ARTICLE 12B

In accordance with the above, notice is hereby given that application(s) have been made to the Epsom and Ewell Borough Council for permission to carry out the following proposal(s).

08/00725/TPO **43 Seaforth Gardens, Stoneleigh, Surrey**
Reduce and reshape Crown of Oak T7 TPO 302 located in the rear garden.

08/00724/TPO **15 Barrow Hill Close, Worcester Park, Surrey**
Felling of 3 Conifers located on the west boundary of the property adjoining Old Malden Lane within W1 TPO L1.

08/00732/FUL **Cheam Motors, 4 - 8 Cheam Road, Ewell**
Proposed mixed use development comprising a 563 sq m (gfa) ground floor retail unit with 30 flat units above (12 affordable units) with associated access, parking and landscaping, including landscaping improvements to existing public garden.

08/00697/COU **Unit 2, The Clock Tower, 165 - 167 High Street**
Change of use from beauty parlour to retail (use class A1).

A copy of these applications and accompanying drawings will be available for inspection by the public during normal office hours at the Town Hall, The Parade, Epsom, Surrey and at Bourne Hall, Ewell, Surrey.
Any representation concerning the application(s) should be sent to the Planning Department, Town Hall, The Parade, Epsom, Surrey KT18 5BY, to arrive within 21 days from the date of publication of this advertisement.
IT SHOULD ALSO BE NOTED THAT ANY REPRESENTATION RECEIVED MAY BE MADE AVAILABLE FOR INSPECTION BY THE PUBLIC, AND MAY BE COPIED AS A RESULT OF THE PROVISIONS OF THE LOCAL GOVERNMENT (ACCESS TO INFORMATION) ACT 1985.
REPRESENTATION WILL NOT BE ACKNOWLEDGED UNTIL AFTER AN APPLICATION HAS BEEN DETERMINED. LATE REPRESENTATIONS CANNOT NORMALLY BE TAKEN INTO CONSIDERATION.
Please note that the Council do not accept any responsibility for any incomplete or inaccurate descriptions
HEAD OF PLANNING,
EPSOM & EWELL BOROUGH COUNCIL

In the High Court of Justice Court Case No. 5522 of 2008
BULLIVANT D'ARCY LIMITED
Company No 05988916
Notice is hereby given by William Antony Batty and Stephen John Evans of Antony Batty & Company LLP, 3 Field Court Gray's Inn London WC1R 5EF that a meeting of the creditors of Bullivant D'Arcy Limited of Woodcote Road Wallington Surrey SM6 0NN is to be held at 3 Field Court Gray's Inn London WC1R 5EF, on 11/09/2008 at 2.30 pm. The meeting is an initial creditors' meeting under paragraph 51 of Schedule B1 to the Insolvency Act 1986 ("the Schedule"). I invite you to attend the above meeting. A proxy form should be completed and returned to me by the date of the meeting if you cannot attend and wish to be represented. In order to be entitled to vote under Rule 2.38 Insolvency Rules 1986 at the meeting you must give to me, not later than 12.00 noon on the business day before the day fixed for the meeting, details in writing of your claim. Dated: 26/08/2008
WILLIAM ANTONY BATTY,
Joint Administrator *T235724*

Looking for a job in sales? We've got hundreds.
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JOBS & Careers

also online at yourlocalguardian.co.uk/jobs powered by fish4 Tel: 020 8330 9955 Fax: 020 8330 9911

The Royal Marsden NHS Foundation Trust is a centre of excellence for research, development, education and care in the treatment of cancer.

Data Manager

Breast Unit, Department of Medicine

Band 4 - £17,316 to £20,818 + 15% HCAS
Part-time (22.5 hours) – 1 year fixed term
Surrey

We are looking for someone to join our Medicine Department as a Data Manager within the Breast Unit at our Sutton Site.

The main emphasis is on accurate data collection and entry using in-house and national databases in order to record patient activity, diagnosis, treatment and outcome for all patients referred to the Breast Unit at Sutton for audit purposes and service improvement.

You will have liaison responsibility with other members of a busy, multidisciplinary team whose aim is to look for new and better treatments for breast cancer and to the service provided.

To apply visit www.royalmarsden.nhs.uk or telephone 020 8643 5846 quoting Ref: 716.

Closing date: 19th September 2008.

The Trust reserves the right to amend the closing date of job vacancies at any time.

www.royalmarsden.nhs.uk

The Royal Marsden NHS Foundation Trust is committed to Improving Working Lives

The Royal Marsden NHS
NHS Foundation Trust

Cobham Day Surgery

SENIOR RECEPTIONIST & RECEPTIONIST

Cobham Day Surgery is looking for two enthusiastic, dynamic and energetic persons to become part of the busy reception team at Cobham Day Surgery. This is an exciting time for the unit as we are rapidly developing our services and systems for NHS patients in Surrey.

SENIOR RECEPTIONIST

We are looking for a motivated, professional Senior Receptionist with excellent administrative and communication skills who can work under pressure and organise a busy Reception area. Previous NHS/medical experience or experience in a similar role would be an advantage but not essential. This is a full time post.

RECEPTIONIST

We are also seeking a motivated, professional Receptionist with excellent administrative and communication skills who can work under pressure and work as part of a team in our busy reception area. Previous NHS/medical experience or experience in a similar role would be an advantage but not essential. This is a full time post but job share candidates would be considered.

If you think you have the relevant skills and want to be involved in a first class provider of health care, please email julie.read@epsomedical.co.uk or telephone 01932 588400. For informal discussion, please contact Michelle Dack, Administration Manager on the same number.

The posts are within Cobham Day Surgery, a small friendly unit located in Cobham. It is a part of the Epsomedical Group, an independent provider of hospital services for the NHS and private patients, providing day surgery, diagnostics and outpatient services for the locality.

Closing Date: 19 September 2008

WE ARE ALSO RECRUITING BANK ODPs AND RGNs FOR ALL DEPTS.

WESTBOURNE PRIMARY SCHOOL
ANTON CRESCENT
COLLINGWOOD ROAD
SUTTON
SURREY
SM1 2NT
Telephone: 020-8644-8453
Email: westbourneprimary@suttonlea.org
www.westbourne.sutton.sch.uk

"An outstanding school"
Ofsted 2006

NURSERY ASSISTANT

26 HOURS PER WEEK (TERM TIME ONLY)

You will be working in the Nursery class and be required to work 26 hours per week, Monday to Friday, term time only.

It would be an advantage if applicants have experience of working with children in the 3-7 age range, either in a paid or voluntary capacity, and hold an NQV3 or equivalent.

Salary £15,384 TO £17,907 pro rata (pay award pending)
Scale 1c/3 points 9-17

Please note that this post is part-time and temporary until 31/3/09.

Closing Date for applications: 19/9/08

For further information and an application pack please contact the school via telephone or email.

Westbourne Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

This post is subject to an enhanced CRB Disclosure check.

BECOME A MULTI-SKILLED ENERGY ASSESSOR

By law trained Energy Assessors will need to carry out an estimated 3 million Energy Assessments in the year from this October - 200,000 commercial buildings, 1.8 million homes being rented and 1.1 million being sold (2.1m in normal house sale years).

Applicants are therefore required to train now - **no previous surveying experience is required** - at our London, Bristol, Birmingham and Manchester training centres which are approved by the Government-appointed Awarding Body for the Built Environment. The subsidised training is taken in separately bookable 1-week modules usually around current commitments and you **qualify as a multi-skilled Domestic and Commercial Energy Assessor, Flood Risk Assessor and Home Inspector.**

Homes now being sold already require Assessments with **average fees of £70** being paid to our Assessors - fees for the 1.8m rented homes from October are expected to be similar. Fees for currently optional Home Inspections **average £250** - commercial Assessments are expected to be higher. Up to 15 domestic Assessments or 6 commercial Assessments or Home Inspections are estimated to be carried out in a week, subject to size of properties and supply. As well as thousands of Assessors carrying out Energy Assessments, 7500 Home Inspectors will be needed upon Government making Home Inspections compulsory - less than a thousand are currently certified.

Regardless of the 'credit crunch' these new 'green' laws and 3 million Assessments are creating a **rapidly expanding new industry which you could join,** subject to interview and Aptitude test. So apply now for subsidised training and to **start a new career carrying out this environmentally important work with potential multiple income stream opportunities.**

HOME INSPECTOR ENERGY ASSESSOR TRAINING

Ring 020 8335 1700 Ref:HGU36E

Kisimul School - Woodstock House

Kisimul School - Woodstock House, Long Ditton has recently opened to provide quality educational and residential care, for children, aged 8 to 19, who have severe learning difficulties and challenging behaviors.

We now have the following opportunities

Cook in Charge up to £18,000

We are looking for an exceptional candidate who has a proven track record of working on their own initiative and preparing wholesome food from fresh ingredients to high standards. The successful candidate will also have:

- An NVQ Level 2 qualification
- A Food Hygiene Certificate
- Previous experience of stock control/order processing
- Able to work 38 hours per week - Monday to Friday

All applicants must be over 18 years of age and will be required to undertake an enhanced Criminal Records Bureau Check. Kisimul School is an equal opportunities employer.

For an informal chat or for more information please call our dedicated Recruitment line on 01522 866014 or email us at HR@kisimul.co.uk

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A New Beginning .....

Eothen Homes is a registered charity providing a high standard of care and accommodation for elderly Christians.

With over 50 years' experience we provide a caring and homely environment for both residents and staff.

We currently have a vacancy at

SUTTON

for a

CARE ASSISTANT

Part Time
(£7.09 per hour weekdays £8.86 per hour weekends)

Staff benefits include 24 days annual holiday (pro-rata), a contributory pension scheme, service increments, uniform and training provided.

We would welcome applicants who are reliable, caring and want to make a difference.
(A CRB enhanced disclosure will be required)

For an application form or for further details please telephone 0191 281 9100
or e-mail: enquiries@eothenhomes.org.uk

Closing date for applications: Friday 19th September 2008

Strictly no agencies or canvassers
www.eothenhomes.org.uk

Full-time Showroom Consultant

Sharps Bedrooms, Moben Kitchens and Dolphin Bathrooms are now looking for an enthusiastic Full-time Showroom Consultant to work in our modern, comfortable showroom inside Homebase in Ewell.

Previous showroom experience in demonstrating is an advantage but not essential as full training will be given - it's personality that counts. You should be bright and friendly with a helpful attitude and smart appearance.

This position offers a basic salary plus commission on appointments and sales.

To register your interest, please call Pat on 07775 587330.

sharps bedrooms dolphin bathrooms moben kitchens

CURRICULUM SUPPORT OFFICER (ENGLISH DEPARTMENT)

Actual : £15,172 - £18,667 - *pay award pending*
(36 hours per week, Term Time)

An excellent opportunity to join the English Department and work with teachers to provide administrative and curriculum support. Duties include preparation and display or curriculum materials and supervision of classes in the absence of teaching staff.

CLOSING DATE : WEDNESDAY, 17 SEPTEMBER 2008

Further information and application packs available from :
Greenshaw High School, Grennell Road, Sutton SM1 3DY
Tel : 020 8715 1001 Email : ghsinfo@suttonlea.org

CARE ASSISTANTS/SUPPORT WORKERS

Care homes and Home Care Workers – Surbiton/Kingston/Sutton/Leatherhead/Woking

In this varied role, you will ensure that residents receive the right level of care to meet their day-to-day needs. Your duties will include establishing positive relationships with residents and staff, promoting safe working practices, providing personal care, and keeping residents' rooms and communal areas clean and tidy.

You will have some experience of working in a care environment as well as being qualified or willing to work towards your NVQ level 2 or equivalent. Most importantly you will share our passion for providing a first class service.

Our excellent benefits package includes 28 days annual leave pro rata (including bank holidays), a company pension scheme and good hourly rates.

To request an application pack, please contact Shirley Wise on 0208 408 8759 or email shirw@titleworth.com.

Closing date: 16th September 2008

An enhanced police criminal records disclosure will be requested in the event of a successful application which we will pay for.

titleworth healthcare
THE COMPLETE CARE COMPANY

Life's about to get busier for local residents

Sutton residents with learning disabilities will soon be taking more control over their own lives - thanks to the launch of a major new service from the national charity HFT.

As Tracy Lazell, Service Manager, explains "We use an approach called person centred planning, in which services are tailored to people's individual needs and wants. This means that adults with learning disabilities get to take their own decisions about their daily lives. HFT's work is all about giving people the support they require to live as independently as possible - which includes everything from cooking or paying a bill to going to college or taking a part-time job."

HFT is very keen to develop the confidence, life skills and experience of people with disabilities. The charity will also be helping its service users to enjoy themselves.

"A disability is no barrier to getting out in the community and having fun," says Tracy. "With our support, people will be much busier with swimming, shopping, watching football, going to the cinema, bowling, meeting their friends at the pub...whatever they tell us they'd like do."

Right now HFT is recruiting a team of 'Personal Assistants' who will support the service users in these sorts of activities.

"We're not necessarily looking for people with experience, as our training is so good," says Tracy. "However, we would love to find new staff with similar interests to some of the service users - caring people who would enjoy being out and about and taking advantage of local facilities and attractions."

Advertorial

Personal Assistants, Social Care Casual/Part-Time £8.78 - £10.54 per hour

If you can spare a couple of hours a week or more, this could be your ideal, casual, part time job. People with learning disabilities going about their daily lives need people like you to help them do the things they want to do. Just like you, they have busy schedules - seeing films, shopping, doctors appointments, meeting friends, learning new things and visiting new places - anywhere from an art gallery to a safari park. So, your diary could soon be full of extra activities like these.

You'll be working for HFT, a national charity launching a new service in Sutton and running established services in Kingston, New Malden and Surbiton. We will provide training (although experience is useful). So, if you can offer anything from 2 to 30 hours a week, find out more about these incredibly rewarding roles at one of our Open Days. There are full details at **www.hft.org.uk** Alternatively, if you can't make it on the day, please call us 020 8942 9769.

What's in your diary?

Open Day
8th & 9th September 2008 10am to 7pm
Holiday Inn, Gibson Road, Sutton SM1 2RF.

GSL

Secure your future in Gatwick

As the largest private provider of Immigration Services for the UK Borders Agency (UKBA), these are exciting times for us. Brook House Immigration Removal Centre (IRC) at Gatwick is a new contract with new facilities and new staff. The centre will hold 426 male detainees at any one time and is due to open in March 2009.

Team Leaders

£25,500 pa + Benefits • 42 hours per week

With a practical and hands on approach, you'll be responsible for developing, growing, training and motivating a team to maintain high standards of care and security in this busy centre. Your ability to interact with a wide range of people coupled with positive management, communication and interpersonal skills will be the key to your success as a Team Leader.

Managing the daily operation of the centre, you'll be dealing with detainee casework queries and calmly taking control of any incidents, so a flexible, vigilant and resourceful manner is required. If you have previous supervisory experience, this could be the opportunity that you've been looking for.

We invest heavily in our people and if you join us, a uniform, company pension, competitive holiday allowance and comprehensive training programme to equip you with the knowledge and skills you'll need are just some of the benefits you can look forward to.

To apply, please send your CV and a covering letter to: Leah France, GSL UK Limited, Carlton House, Carlton Road, Worksop, Nottinghamshire S81 7QF or email: recruiting@gslglobal.com quoting ref: GPTL09.

Closing date: 19th September 2008.
An assessment day will be held on 1st October 2008.
Interviews will be held on 9th October 2008.

Please note that these vacancies are subject to a 10 year checkable history and the strict vetting standards set by GSL and the Secretary of State for the Home Office, which can take up to 16 weeks. You will also need to prove your residence in the UK for three years. Successful applicants will commence work in December 2008.

An equal opportunities employer

We're also looking for Detainee Custody Officers at Brook House IRC. See our website **www.gslglobal.com/career** for more details.

a part of G4S plc

It starts with you...

BECOME A BUS DRIVER

Vacancies at Sutton, Merton & Stockwell

With new routes to run, we need more bus drivers. Our staff are amongst the best in the business and we're proud of their professionalism. If you share the desire to work to the highest possible standards we offer an excellent package to highly motivated individuals who have held a UK driving licence for over two years.

We're part of the *Go-Ahead* Group

Call now for an application form:

0800 38 99 7 99

Rainbow Trust Children's Charity provides practical and emotional support to families who have a child with a life threatening or terminal illness.

Respite Support Worker

£18,189pa + regional allowance • Great Bookham, Surrey

This is an exciting opportunity to join our team offering high quality practical and emotional support to families who have a child with a life threatening or terminal condition at our respite house. You will offer a service that is individually tailored and responsive to family need, where every day is different. We would love to hear from you if you have professional experience of working with children/families, good interpersonal skills and the ability to work in stressful situations. You will work a 38-hour week on a shift system including nights and weekends. A full driving licence is also required.

www.rainbowtrust.org.uk

Registered Charity No: 1070532

For an application form, job description and person specification go to www.rainbowtrust.org.uk or call 01372 220073, quoting PK/AJH.

We are also looking to extend our team of casual workers, if you meet the above criteria and would be interested in occasional hours of work, please apply as above quoting PK/AHCAS.

Closing date : 17 September 2008. Interview date: 25 September 2008

We will only accept applications on the Rainbow Trust application form

An enhanced CRB disclosure will be required for this post. We are an equal opportunities employer and we welcome applications from all sections of the community.

REVIEW ANALYST — According to Exp

Previous insurance/financial services experience
Risk Assessment and Financial Accounts knowlege a strong advantage.

CUSTOMER SERVICE ADVISORS

c£14-£17k + excl benefits

Permanent, Six Month Contracts and Part Time opportunities (2pm-6pm)
Min GCSE C in Mathematics & English
Start date 22nd September 2008.

NEW BUSINESS ADMINISTRATORS

c£17-£21k

RISK ADMINISTRATORS — up to £23k

We have numerous vacancies in other areas of employment & locations call Emma on 01372 818299

or e-mail your CV to
emma@lloydrecruitment.co.uk
www.lloydrecruitment.co.uk

LloydRecruitment Services

PROJECT COORDINATOR

18 hours per week
Salary £ 20,615 (pro rata) - 1 year fixed term
This post will be based at Merton Council

Are you?

- Experienced in working with people with learning disabilities
- Experienced in supporting people within a workplace environment

You will Co-ordinate the WorkRight Project for Mencap Pathway, placing and supporting service users into work experience / paid employment at Merton Council. Service users involved in this project will have a mild to moderate learning disability. This role will require excellent communication and negotiation skills to open up work opportunities within all areas of Merton Council.

For an application pack call Mencap Pathway (Sutton & Merton) on 020 8669 3211/ E:mail:- james.stonard@mencap.org.uk (Previous applicants need not re-apply)

Closing date for applications:- 12/09/08
Interviews will be held on:- 19/09/08

Busy Epsom GP Surgery requires

RGN GRADE G PRACTICE NURSE

to join their nursing team.

You would be required to work 26 hours over 3 / 4 days however you must be able to work until 8pm on a Tuesday evening - variable start and finish times.

Experience in CHD, Asthma, Cytology, etc, essential.

5 weeks holiday and 5 days study leave pro rota and on the job training for the right candidate.

For further information and job description please send your CV to
Mrs HM Harwood
Practice Manager
Derby Medical Centre
8 The Derby Square
Epsom Surrey KT19 8AG
Or email helen.harwood@gp-h81051.nhs.uk

JOB OPPORTUNITIES AT SCVS.....

Sutton Centre for the Voluntary Sector (SCVS) is an innovative and well-respected local development agency providing quality services to voluntary and community organisations based in the London Borough of Sutton. We offer a contributory pension scheme and 30 days holiday pro rata.

Payroller (Ref F1)

16 hours (3 days per week)
S5/24 - £21,790 pro-rata

To assist the Payroll Officer, we require a minimum of three years experience in computerised Payroll including Sage and the ability to maintain a high level of accuracy & customer care.

Community Accountant (Ref F2)

14 hours (2 days per week)
PO2/33 - £28,526 pro-rata

This position will provide additional Accountancy Services to Voluntary Groups. We require a minimum of three years experience in computerised Accounts including Sage. You will also be a good team player who is flexible in their approach and will fit into a busy office environment.

For an application pack please e-mail sara@suttoncvs.org.uk quoting the reference number
Closing date: 12 Noon, Monday 22nd September 2008
Interview date: Friday 3rd October 2008

SUTTON LINk

SCVS has been appointed to host the Sutton LINk as part of a new national initiative to enable local people to have a greater say in shaping local services. We are recruiting 2 new staff to support this exciting project.

Sutton LINk Outreach and Communications Worker (Ref L1)

21 Hours per week
Salary Scale PO1/33 - £28,526 pro rata

Do you like working in the Community? Do you enjoy working with people? This is an opportunity for someone to join LINk and help ensure that members of the community influence the development of local services.
You will need at least 2 years experience of community development working, a good understanding of public involvement and excellent communication skills.
For an application pack email jackie@suttoncvs.org.uk quoting the reference number.
Closing Date: Noon on Monday 22nd September 2008
Interview Date: Thursday 2nd October 2008

Sutton LINk Administrator (Ref L2)

25 hours per week (12.00 noon - 5.00pm preferred)
Salary Scale 5 22-25 - £20,598 - £22,427 pro rata

We are seeking a motivated and experienced Administrator to support the LINk. You should have at least 2 years administration experience, with good communication and organisational skills, plus the ability to co-ordinate a range of tasks. A good knowledge of Mircosoft packages is essential plus experience of working with databases and web sites.

For an application pack email jackie@suttoncvs.org.uk quoting the reference number.
Closing Date: Noon on Monday 22nd September 2008
Interview Date: Wednesday 1st October 2008

SCVS are an equal opportunities employer
Registered Charity No. 1063129

AN OFFICE BUILDING TO BE PROUD OF

London

SIS HQ is one of the most important buildings in the UK. It is home to the organisation that collects secret foreign intelligence to protect the country's security and prosperity. The organisation you may know as MI6. This is your opportunity to help keep our facilities running efficiently and effectively.

Facilities Supervisor | Competitive salary + overtime opportunities | We'll look to you to manage the day-to-day activity of the large SIS facilities team, responsible for the upkeep of our key buildings. You'll plan work schedules, take responsibility for training and development, and ensure compliance with health & safety regulations. A facilities background would be ideal, but proven supervisory experience is more important. You'll need Word and Excel skills and a full driving licence. In return, a wide range of training opportunities are on offer – including BIFM and PASMA.

Facilities Assistant | Competitive salary + overtime opportunities | You'll take on duties ranging from portering and sorting the mail, to conducting store rounds, painting and decorating and driving in London. As part of the recruitment process, you will be assessed on driving commercial vehicles. Experience in a similar role is desirable but not essential. We will provide in-depth training on health & safety and on specialist equipment.

As well as job security, both roles promise a generous pension and 25 days' holiday (plus 10.5 public and privilege days). There's also an on-site gym, library and restaurant.

Please apply online at **www.siscareers.gov.uk**

Please bear in mind that we only accept applications from British citizens.
Please do not discuss your application with anyone.

siscareers.gov.co.uk

Sutton and Merton NHS
Primary Care Trust

Provider Services

Due to expansion of children's service provision we have a number of administrative and nursing positions available.

Opportunities have arisen within our School Nursing Team, Child Immunisation Team and Child Health Teams for both registered nurses and administrative assistants. You will be working within a dynamic and supportive team.

Could this be an opportunity for you?

We can offer a variety of full time, part time, and term time only work, with family flexible hours.

You will be provided with opportunities for further education, training and career development. We provide a comprehensive induction and mentorship package.

Children's Immunisation Nurse – Band 5

£23,486 - £30,041 inclusive per annum pro rata
Ref: 663L

We are looking for a full time Children's Immunisation Nurse and a part time Children's Immunisation Nurse which can include term time only hours.

This will be an excellent opportunity for Registered Children's Nurses or Registered Nurses with children's nursing experience, who are currently working in primary care or acute settings, who wish to gain experience of working in the community with children and young people.

We welcome interest from newly qualified nurses as well as experienced practitioners.

Please contact Caroline Gue, Children's Immunisation Team Leader on 0208 2548283 for further information.

Closing date: 21st September 2008

Interview date: 6th October 2008

School Nurses – Band 6

£27,718 - £36,809 inclusive per annum pro rata
Ref: 662L

Registered Nurses with the school nurse specialist practitioner qualification to work within our School Nursing Teams.

Full time or part time hours available, term time only or throughout the year.

Two vacancies have arisen in School Nursing for School Nurse Specialist Practitioners to work in the Sutton and Merton Locality Teams in the School Nursing Department of the Sutton & Merton PCT.

We are committed to the provision of a comprehensive School Health Service in partnership with the child, parent/guardian and the Education services, so as to ensure that pupils derives maximum benefits from the education system.

Promoting health within the school environment to encourage each child to develop responsibility for his/her health. Empowering him/her to make wise health choices which will ensure a healthy lifestyle in adult years.

We would welcome interest from newly qualified School Nurse Specialist Practitioners as well as experienced practitioners.

We provide a comprehensive induction and mentorship package and you would be working in dynamic and supportive teams.

For further information please contact:

Merton enquiries - Caroline Hollman, School Nurse Team Leader 0208 6874649

Sutton enquiries - Belinda Shear, School Nurse Team Leader 0208 7708157

Closing date: 18th September 2008

Interview date: Week commencing 13th October 2008

School Nursing Clerical Officer – Band 2

£16,183 - £19,211 per annum inclusive
Ref: 665L

Due to promotion a rare opportunity has arisen for a School Nurse Administrator within the Sutton school nursing team. The successful applicant will work between 20-30 hours and the position is available as term time only or throughout the year.

Essential skills and experience include good communication and IT skills and the ability to prioritise a diverse workload. You will support the school nurses and nursery nurses in their daily work and liaise with the Children's Immunisation Team, Child Health Department, schools and social services.

For more information please contact Belinda Shear, School Nurse Team Leader on 0208 7708157.

Closing date: 18th September 2008

Interview date: 13th October 2008

Child Health Clerical Officer – Band 2

£16,183 - £19,211 inclusive per annum pro rata

Within our Child Health Department we have 2 positions available.

For the full time position please quote Ref: 666L

For the part time 18.5 hours per week position, fixed term contract for 1 year to cover maternity leave please quote Ref: 664L

The Child Health Department provides effective administrative support to Health Visitors and School Nurses enabling them to provide a high quality children's service. This support is predominantly data collection and inputting, maintenance and liaison with local children's services.

The successful applicant will have a good understanding of Microsoft IT systems.

You will be provided with full training on the IT systems we use, and mentorship and supervision.

For enquiries please contact Helen Hill, Child Health Team Leader on 0208 2548339.

Closing date: 18th September 2008

Interview date week commencing: 13th October 2008

To apply and for further details please go to www.jobs.nhs.uk

(If you are unable to apply on line please call our 24-hour Recruitment Hotline on 020 8544 2175 for an application form)

This job is not on the Home Office Work Permits (UK) Shortage Occupation List, and it is unlikely to attract a work permit. Applications from candidates who require a permit to work in the UK may not be considered if there are a sufficient number of other suitable candidates.

If there is an overwhelming response Sutton & Merton PCT reserve the right to close at an earlier date.

The PCT is committed to equality of opportunity in employment and to the principle of work life balance for its staff.

Benefits include a family friendly working environment, child care advice, a final salary pension scheme and season ticket loans.

ocado.com

Drivers wanted in Byfleet.

We're looking for safe and experienced drivers to deliver to our customers.

- Earn up to £9.20 per hour plus quarterly bonus scheme of up to £540.
- Guaranteed 40 hour week with the opportunity for overtime.
- Permanent job with a well-established company.
- Generous pension and private healthcare.

You'll need a minimum of four years driving experience, with no driving ban in the last ten years, and no more than three points on your licence.

Come along to an **Open Day** on the following days at any time between:

Sat 6th September 10am – 2pm
Tues 9th September 5pm – 9pm

The Old Drill, 101 Cheam Common Rd, Worcester Park, KT4 8TA.

Ocado, Gypsy Moth Avenue, Hatfield Business Park, Hatfield, Herts, AL10 9BD. Ocado is an Equal Opportunities Employer.

St Anthony's Hospital

EARLY MORNING SWITCHBOARD/ADMIN

We require a part-time operator with excellent communication skills to join our team working 3 mornings a week between 06.00 - 09.00 am including weekends.

Flexibility to cover holidays and sick leave for other team members is essential. Initial full-time training.

Basic computer skills are necessary.

All applications in writing, together with a current CV to:
Mrs Sandie Harvey
St. Anthony's Hospital, 801 London Road
Cheam, Surrey SM3 9DW
by Friday 12th September 2008

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PERFECT PIZZA

Wanted

Perfect Drivers,
Perfect Managers,
Perfect Kitchen Staff.

Please contact: **07912 208080**

Are you unemployed? Aged 16 - 25? THEN LOOK NO FURTHER

MERTON COLLEGE

The Prince's Trust Teams in Merton, Wandsworth, Kingston, Sutton, Croydon and Richmond are offering:

FREE 12 week courses

- improve your chances of getting the job you want
- gain a City and Guilds Certificate in Personal, Teamwork and Community Skills
- gain valuable work experience and take part in outdoor pursuits, community challenges and much more
- this will not affect your benefits; help is provided for travel expenses and if you are under 19 you may be eligible for £30 EMA per week

12 weeks that will change your life!
Don't miss this opportunity - CALL NOW
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Earn up to £340 per week

Guaranteed 40 hour week, with the chance of overtime. Pension, private health care and a

quarterly bonus of up to £540.

Call Trev on 07826 955505

PART-TIME TRAINING OFFICER

3 days/week
Head Office, Epsom

Use your flair for presentation and your interest in staff development to provide training services to the Society's 90 employees, centred around the design of computer based training and the conduct of group and individual training using the latest presentational tools. In addition, assist with the induction of new staff, including training needs analysis, and the preparation of training programmes.

The successful candidate will have experience of training delivery, excellent oral & written communication skills and good IT skills, including MS Windows, Office, Works, Word, Outlook and Powerpoint. A training or HR qualification would be an advantage, as would knowledge/experience of computer based training delivery mechanisms.

Salary is up to £14,700 for 3 days a week (FTE £24,500), based on qualifications, skills and experience. Benefits available include regular performance reviews, fully financed study support (e.g. CIPD), flexible start/finish times to the working day, private health insurance, concessionary mortgage and defined benefits pension scheme.

For further information regarding this role and an application form, or to view other opportunities, please visit our website- www.ncbs.co.uk
Alternatively, contact Ana Biggs, HR Assistant on 01372 845312 or biggsa@ncbs.co.uk

HUMAN RESOURCES SECRETARY

40 weeks per year
9.30 am to 1.00 pm - 17.5 hours per week
Monday to Friday

Salary - circa £8,000 per annum

The successful candidate will provide a comprehensive secretarial and administrative service as part of the Human Resources Department. The role is varied and interesting but will concentrate primarily on the School's recruitment process and an accurate and methodical approach is essential. Applicants will also need good communication skills and be fully conversant with MS Office.

Starting date as soon as possible.

Details of the post, including an electronic copy of the application form, can be found on our website: www.kcs.org.uk/jobs or by registering your details on 020 8255 5308.

Closing date for applications: **18th September 2008.**

BECOME AN ENERGY ASSESSOR

- Flexible part or full-time career opportunities available
- Residential, Commercial & Multi-Skilled Assessor trainees needed
- No experience necessary
- Candidates urgently required to start Government's ABBE approved training now

Ref: SC1808

FOR AN INTERVIEW CALL
0845 0175 010
LINES OPEN: 9 – 7 WEEKDAYS & 9.30 – 1.30 SATURDAYS

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SALES CO-ORDINATOR

Rainbow Productions - Europe's leading costume character company, produces high quality mascots which feature in sales promotions and brand marketing.
www.rainbowproductions.co.uk

Following an internal restructure we are seeking to recruit a sales co-ordinator to assist in the smooth running of the sales dept.

The ideal candidate needs to:-

- be driven to use all forms of media to generate new sales leads
- have an ability to work under their own initiative
- have good communicational skills and display a high degree of common sense
- have an ambition to progress within the sales department
- oversee the management and upkeep of sales databases

In return we offer a competitive salary together with other company benefits.

Please email your covering letter and CV to danny@rainbowproductions.co.uk

STRICTLY NO AGENCIES

Building company requires following trades:-

Decorator/Tiler/Bricklayer/Roofer/Labourer, with experience of working in occupied premises as well as on site, you will have;

Good communication skills, professional and friendly manner, able to work on your own as well as part of a team and produce a high standard of work.

PAYE BASIS / SUB CONTRACT

MUST HAVE OWN VEHICLE

Please telephone Interalia Services on 020 8399 9902

Musical Tuition

Singing Tutor

New pupils of all ages/abilities welcome.
All styles and grades taught.

NEW!! Contemporary/pop choir

Ages 11-18 (must be at least yr 7)
10 week course + concert
Starting 15 Sept 2008 6-7.30pm

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PIANO/VIOLIN Qualified Tutor. Beginners/advanced. All ages. Classical/popular. 01737 354434

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MATHEMATICS TUITION for GCSE and A Level given by highly qualified experienced teacher. Tel 020 8642 3622

Bar Staff

THE STAR LEATHERHEAD require full and p/t bar and floor staff. Flexible lunch and evening shifts available. Own transport essential .Call Matt or Caroline on 01372 842416. www.baronspubs.com

Carers

Nursing Home in Sutton requests the following staff:-

RGN, CARERS AND DOMESTIC

for full time or part time

All applicants must be flexible and able to work days, nights and weekends as per rota.

Please ring **020 8642 0955** and ask for Julia

CARE ASSISTANT

Are You Very Reliable?

Excellent Communication and Eager To Learn?

Call **8644 3916**

NO ADVERTISERS/AGENCIES

Carers

Experienced Care/Support & Domestic Workers
Urgently Required
Kingston Area
020 8646 8351 (agy)

DISABLED WOMAN IN EWELL REQUIRES 2 FEMALE PERSONAL ASSISTANTS

Post 1: 8.30pm -10.00pm Tue, Wed, Thu and Fri to support with personal care. £8.08 per hour

Post 2: 2 mornings per week totalling 4 hrs per week to support with domestic duties. Also 1 hour Fri afternoon and 1 hour Sat afternoon to support with personal care. Wed - Fri £7.86 per hour / Sat £11.79 per hour

For application pack tel: 01483 306017 quoting ref : FFE

S7(2B) Sex Discrimination Act 1975 applies

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Maths/Chemistry tuition for GCSE/A level
Highly experienced teacher
Dr Steve Whatley
01372 807478
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Specialist Maths & English Tuition
Free assessment
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Surbiton
020 8399 1234

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Beginners Welcome
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First Lesson Free

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A LEVEL, GCSE MATHS & GCSE PHYSICS
By a University Honours Graduate
Experienced Tutor
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11+, Maths, English and Science Groups
by University Honours Graduate, **Qualified Teacher.**
ALSO
Individual tuition by experienced tutors.
All subjects; Primary to 'A' level
New Teachers Welcome
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Also available-intensive 11 plus holiday course-starts July 28th

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- **Earn £72.17-£79.39** for a 6 hour working day.
- **Other benefits:** travel allowance and holiday pay.
- **Flexible work:** min. 2 and up to 5 days per week.
- **No previous experience:** full assessment/training given.
- **No selling:** asking people's opinions in their homes.
- **Good level** of spoken and written English required.

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www.kantaroperations.com
We are an equal opportunity employer.

Interested? If you enjoy working on your own, are over 18, can work after 12.30pm or at weekends, have **your own transport,** and **land phone line,** and want to find out more call: **0800 015 2086** or Fax **01932 253526** or e-mail valerie.arnold@bmrb.fsbusiness.co.uk, quoting ref: 6486VA

Carers

Crystal Care urgently requires
HOME CARERS
for all shifts. Days, evenings, w/ends, nights and live-in.
Good rates. Must be car driver.
NVQ preferred, training given.
Call: 01737 361 780

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DENTAL NURSE
Required Afternoons and Evenings
Tolworth
Please phone
020 8399 4311 or
07833 581 896

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WARREN MEAD INFANT SCHOOL,
Banstead, Surrey SM7 1LS School Cleaner Required from a.s.a.p. 52 weeks per year, 3 hours per day Mondays to Fridays. During term time the majority of hours to be worked before or after the school day. Will consider two cleaners sharing 3 hours. Surrey Pay SY1.2 to .4 (£6.51 to £6.95 per hour). For further details and an application form please contact Mrs. Fletcher or Mrs. Reynolds on 01737 351962. Closing date: 12 noon 15th September 2008.

HOUSEKEEPER REQUIRED
You must be organised and able to run my home duties to include cleaning, washing, ironing, Monday – Wednesday – Friday 4 hours per day, salary £130.00 per week. Please call Tracy on 07816 777626

Domestic & Cleaning

CLEANERS WITH CAR Up to £40p/day. 01737 817747

Drivers & Delivery

DELIVERY DRIVER
Wanted for Broadcast Hire Company Must be flexible, enthusiastic and willing and to work long hours! Not a 9-5 job! Applicants should be physically fit and presentable References will be asked for and checked Contact Ian Morrison on
01737 236394

Education & Nursery

ST GILES' PLAYGROUP & NURSERY
Special Educational Needs Co-ordinator Required Responsible for the day-to-day management of the SEN Provision, level 3 qualification is required. Playgroup Assistant Required Experience Preferred Both positions are part time to start October 2008 For further information or to apply for one of the above positions Please call Lindsay on
07905 800172

Drivers & Delivery

HYDRO-CLEANSING REQUIRE HGV DRIVER/OPERATOR CLASS 2
Full time positions vacant working in the Drainage Industry
Good rates of pay
New lorries
2 Drivers per lorry required
Working in and around London & South East
Please call Scott Carter on 0208 689 3339

Education & Nursery

SENIOR STAFF REQUIRED
for day nursery school Tooting SW17 AND Raynes Park SW20 areas. Must have NVQ2/NVQ3 qualification or nursery experience. (to meet ofsted requirements) Please telephone 0208 672 7549.

MATHS / ENGLISH TUTORS WANTED
For busy tuition centre Must have great GCSE grades Enjoy working with children 10hrs week
020 86428884

Estate Agency

LETTINGS AND SALES ADMINISTRATOR
PART TIME approx 10 hours per week. Previous experience + local knowledge required. Send C.V to REF.MB 22 Stoneleigh Broadway, Stoneleigh, Epsom KT17 2HU or Tel: 020 8393-0101.

PART TIME STAFF
required to work in day nursery school Raynes Park SW20 area. Hours 11am to 2pm Monday to Friday. Please telephone
020 8672 7549.

PRIVATE DAY NURSERY
in Wimbledon requires Full time Key person. Contact Donna 0208 540 8820 for further details.

General

EXPERIENCED PANEL BEATER
required.
Also
PANEL SPRAYER
skilled or semi-skilled for busy workshop.
Rates negotiable.
Tel 01737 358744 or evening 01372 277136

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Busy waste disposal company require an experienced commercial vehicle/plant fitter. Duties include inspection and maintenance of our own fleet of modern vehicles and plant. Applicants should be able to work on their inniative and as part of a team. Excellent salary and benefits wait the successful applicant.
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Attention all job hunters!
Earn £300+ O.T.E. P/W
Our Marketing Department need 15 full time staff. We need serious, ambitious and enthusiastic people. No selling involved. No experience necessary as full training will be provided.
For a local interview call 020 8238 5083 and quote ref. RM94, if you are 16+ give us a call!!

SUTTON AND EPSOM, SURREY
Two nursing vacancies - 1) qualified VN or non-qualified with relevant experience 2) someone wishing to train as a nurse with some animal experience. See www.wingravevets.com for information on practice. Excellent working conditions, professional and friendly atmosphere. Approved Nurse Training Centre. Please send CV to: Christine Hunter, Practice Manager, Wingrave Veterinary Surgeries, 84 Mulgrave Road, Sutton, Surrey SM2 6LZ. Tel:020 8642 9100

MEDICAL RECEPTIONIST
Required for busy, friendly doctors practice Morden/Sutton area Approx 14 hours per week Mon 8-1, Thurs 1-4.30pm+ Friday 2-7.30pm To start asap Please enquire
020 8644 5187

BENCH & JOINERS
Wood Machinists required experience proffered, salary negotiable, Immediate start.Contact Paul/Neil:01737 767 627 Email:neil@dualmanufactoring.co.uk

HOME BUSINESS
Six figure income.
25 hours a week. Be with the family. Visit www.WealthCreationsGroup.com TODAY.

IT ENGINEER
No experience needed, Salary £17-£35. Visit www.fish4.co.uk. Job title:Engineer CSW or call: Sam 020 8655 4849

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Work From Home. Flexible Hours. Good earnings. For details contact: 020 8626 9120 www.fresh-opportunity.co.uk

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Passionate about hair? Come and join our friendly team. Please call Cheryl
0203 1861003 or
07736 668060

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EXPERIENCED MOTOR MECHANIC
required by Rose Hill Park Garage, 2A Rosehill, Sutton, SM1 3EU. Good rates of pay. Clean friendly garage. Please send CV or phone 020 8641 2239

PIPE FITTER/MECHANICAL ENGINEER
required for work in the London area.
Tel: 07836 685191

Nursing & Medical

PRESTIGE NURSING
-Urgently Required Healthcare/Home Care Assistants for temporary work in the Sutton, Wallington and Croydon areas. Work available in Elderly, Nursing/Residential and Palliative Care, Also Home Care. NVQ Qualification desirable. Good communication skills and car required. Benefits include excellent rates of pay, holiday pay and continued training. Please call Danielle on our freephone recruitment line 08000 237 222 or email recruitmentse@prestige-nursing.co.uk (agy)

Motor Trade

KAVANAGH MOTOR GROUP
Currently require
SKILLED/SEMI SKILLED MECHANICS TO ATTEND ROADSIDE BREAKDOWN
We also require
RECOVERY DRIVERS WITH FULL UK LICENCE ABLE TO DRIVE UP TO 7.5 TONS
To attend breakdowns in S. London area
Potential for earnings in excess of £30K per annum
For interview please telephone
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Full-Time Admin Assistant. Training given for suitable candidate. Good telephone manner. Contact 01737 373711

Part Time

PERSON REQUIRED
3 to 5 afternoons per week 2pm till 7pm. Beeches Pharmacy
020 8669 2548

Part Time

KINGSWOOD GOLF & COUNTRY CLUB
in Tadworth require a Course Starter/Marshal to assist members and visitors. Shift work to include weekends with 8pm finish– minimum of 16 hours per week. £6.00ph. Initially to mid October with review in November. Golf knowledge required. Phone Elaine Labbett Tel: 01737 832188

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Range fuel consumption in mpg (ltrs/100km): Urban 21.6 – 40.4 (13.1 – 7.0), Extra Urban 31.0 – 61.4 (9.1 – 4.6), Combined 26.7 – 51.4 (10.6 – 5.5). CO2 emissions 130 – 280 g/km.

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(definition:) Impossible to refuse

That's our deals for this September

Getz GSi from **£5,995**

All CDX with 3 years/30,000 miles FREE Servicing

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Summer Special Edition from just £11,705 Plus 36 months 0% Finance (20% Deposit)

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48 month 0% finance 20% deposit

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From £8995

*excludes classic

Santa Fe

Our Santa Fe Offers for September are just to good to ignore.

Santa Fe is ranked No.1 in the large 4x4 class for low CO^2 by The Department for Transport

From £18995

The Man from Hyundai

is coming to us on

Saturday 6th September 2008

10am - 4.30pm - R.S.V.P. required

These offers are for the 1st 12 replies. Telephone for your appointment time.

HYUNDAI **0208 643 5451**

Belmont Garage Ltd 36 Station Rd, Belmont, Sutton SM2 6BS

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Drive your way

Up to 3 years/30,000 miles free servicing* on selected demonstration Santa Fe, Tucson & Trajet

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DEMONSTRATORS

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2008 (57) Amica 1.1 CDX Blue Onyx, 4,000 miles	£6,942	£943	**£5,999**
2008 (57) Getz 1.1 Gsi Sky Blue, 4,800 miles	£8,325	£2,326	**£5,999**
2008 (08) Getz 1.4 CDX Midnight Grey, 3,500 miles	£9,665	£1,666	**£7,999**
2008 (08) Matrix 1.5 CRTD Gsi Neutral Grey, 5,000 miles	£12,035	£2,036	**£9,999**
2007 (07) Sonata 2.0 CRTD Auto Ebony Black, 11,000 miles	£18,895	£5,896	**£12,999**
2008 (08) i30 1.6 CRTD Premium Sport Stone Black, 4,500 miles	£18,525	£2,526	**£15,999**
2008 (08) i30 1.6 Style Estate Auto Vivid Blue, 6,800 miles	£15,400	£1,901	**£13,499**
2007 (07) Tucson 2.0 CDX Marine Blue, 10,000 miles	£17,485	£5,486	**£11,999**
2008 (57) Santa Fe 2.2 VGT CDX 5-str Blue Onyx, 11,000 miles	£23,985	£3,986	**£19,999**
2008 (08) Santa Fe 2.2 VGT Ltd 7-str Auto Space Silver, 3,000 miles	£26,785	£5,286	**£21,499**
2007 (57) Grandeur 3.3 V6 Auto Crystal Silver, 9,000 miles	£27,200	£7,201	**£19,999**
2007 (07) Coupe 1.6 SIII Stone Black, 6,500 miles	£16,150	£4,151	**£11,999**
2007 (57) Coupe 2.0 SIII Steel Grey, 9,000 miles	£18,335	£5,336	**£12,999**

GETZ

2007 (07) Getz 1.4 GSi 5-dr Hatch Auto Petrol Midnight Grey, cloth, A/C, 3,019 miles	**£6,599**
2007 (07) Getz 1.4 CDX 5-dr Hatch Petrol Manual Midnight Grey, cloth, A/C, 4,191 miles	**£6,499**
2007 (07) Getz 1.4 CDX 5-dr Hatch Petrol Manual Ebony Black, cloth, A/C, 5,450 miles	**£6,499**
2007 (07) Getz 1.1 CDX 5-dr Hatch Petrol Manual Sky Blue, cloth, A/C, 7,976 miles	**£6,299**
2005 (05) Getz 1.3 CDX 5-dr Hatch Auto Petrol Hiphop Red, cloth, A/C, 7,800 miles	**£5,999**
2007 (07) Getz 1.4 GSi 5-dr Hatch Midnight Grey, cloth, Petrol, Manual,	**£5,599**
2006 (06) Getz 1.1 GSi 5-dr Hatch Ebony Black, cloth, A/C, 12,000 miles, Petrol, Manual	**£5,199**
2005 (55) Getz 1.1 GSi 3-dr Hatch Ebony black, cloth, Petrol, Manual	**£4,299**
2005 (05) Getz 1.3 GSi 5-dr Hatch Petrol Manual Seaside Blue, cloth, 24,785 miles	**£4,199**
2005 (05) Getz 1.1 GSi 3-dr Hatch Ebony Black cloth, 35,800 miles, Petrol, Manual	**£3,999**
2003 (53) Getz 1.1 GSi 5-dr Hatch Petrol Manual Clean Silver, cloth, 20,500 miles	**£3,499**

i30

2007 (57) i30 1.6 CRDi Style 5-dr Hatch Diesel Manual	**£12,395**

COUPE

2006 (57) Coupe SIII 2.0 3-dr Coupé Steel Grey Leather, 4,500 miles, Petrol, Manual	**£14,999**
2007 (07) Coupe SIII 1.6 3dr Coupé Stone Black Cloth, 5,501 miles, Petrol, Manual	**£11,999**
2006 (56) Coupe 2.0 SE 3dr Coupé Continetal Silver Leather, 21,200 miles, Petrol, Auto	**£10,299**
2006 (55) Coupe 1.6 S 3dr Coupé Ocean Blue, Cloth, 11,000 miles, Petrol, Manual	**£8,499**
2004 (04) Coupe 2.0 SE 3dr Coupé Continental Silver, Leather, 12,100 miles, Petrol, Auto	**£7,499**
2001 (51) Coupe 2.0 SE 3-dr Coupe Petrol Automatic Smart Silver Two-Tone	**£4,999**

TRAJET

2006 (56) Trajet 2.0CRTD GSi 5dr MPV Ebony Black Cloth, 21,001 miles, Diesel, Auto	**£11,999**
2005 (05) Trajet 2.0CRTD GSi 5dr MPV True Blue Cloth, 28,400 miles, Diesel, Auto	**£8,299**
2005 (05) Trajet 2.0 GSi 5dr MPV Glacier Silver Cloth, 27,500 miles, Petrol, Manual,	**£7,399**
2001 (51) Trajet 2.0 CRTD GSi 5dr MPV Shimmer Blue, 28,500 miles, Diesel, Manual	**£4,999**

SANTA FE

2006 (57) Santa Fe 2.2 CRTD (Euro IV) CDX (5-str) 5dr 4x4 Blue Onyx, Diesel	**£21,999**
2007 (07) Santa Fe 2.2CRTD (Euro III) CDX+ (7-str) 5dr 4x4 Gun Metal, Diesel, Auto	**£20,499**
2005 (05) Santa Fe 2.0 CRTD CDX 5-dr 4x4 Diesel Cerise Red Two-Tone, 40,540 miles	**£8,999**

TUCSON

2007 (07) Tucson 2.0 16v CDX 5-dr 4x4 Marine Blue Leather, 8,500 miles, Petrol, Manual	**£11,999**
2005 (55) Tucson 2.0 CRTD GSi 5-dr 4x4 Petrol Manual Marine Blue, leather, 12,000 miles	**£9,499**
2005 (55) Tucson 2.0 16v CDX 5-dr 4x4 Petrol Manual Ebony Black, leather, 12,500 miles	**£9,399**
2006 (06) Tucson 2.0 16v GSi (2WD) 5-dr SW Teal Blue, 2,938 miles, Petrol, Manual	**£8,999**

SONATA

2007 (07) Sonata 2.0CRTD CDX 4dr Saloon Ebony Black, 11,400 miles, Diesel, Auto	**£13,499**

GRANDEUR

2007 (57) Grandeur 3.3 V6 4dr Saloon Crystal Silver Leather, 9,001 miles, Petrol, Auto	**£21,499**

OTHER MAKES

2005 (55) Nissan Micra 1.4 Sport+ 5-dr Hatch Manual Petrol Cool Blue	**£5,695**

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CAR OF THE WEEK

03 **RENAULT CLIO 1.2 EXPRESSION** 5-spd, 5-dr, Blue, 46,500 miles, s/history, pas, e/winds, s/roof, c/lock, low ins grp.. £3,795

MANUAL CARS

02 **AUDI TT 1.8T QUATTRO (225BHP) CONVERTIBLE** Black/grey leather, 50,000 miles, SH, full spec.. Was £10,995 Now £9,995
Y **TOYOTA RAV4 2.0 GX** 5-dr, 42,685 miles, FSH, Silver, aircon, pas, e/windows, e/s/roof, alloys, superb condition £5,495
S **BMW 323i CONVERTIBLE** Black/black leather, power hood, pas, alloys, e/windows, 71,000 miles, 1 owner from new. £4,495
03 **RENAULT CLIO 1.2 EXPRESSION** 5-spd, 5-dr, Blue, 46,500 miles, s/history, pas, e/winds, s/roof, c/lock, low ins grp.. £3,795
Y **FORD FOCUS 1.8 ZETEC ESTATE** Metallic Pepper Red, pas, climate, alloys, e/windows, rad/cass, 59,000 miles, FSH ... SOLD
51 **FORD FOCUS 2.0 GHIA ESTATE** 5-spd, Silver, 69,0000 miles, FSH, a/c, pas, e/windows, alloys, c/lock, beautiful cond .. SOLD
54 **DAEWOO LACETTI 1.4 SE** Metallic Light Blue, 23,000 miles, pas, radio/CD player, e/windows, lots of car for just £3,495
52 **FORD FOCUS 1.6 FLIGHT** 5-dr, Blue, 58,720 miles, full service history, pas, aircon, e/windows, superb condition .... SOLD
S **VW GOLF 1.6 S** 5-dr, Red, 51,000 miles, pas, electric windows, central locking, radio/CD £3,295
52 **CHRYSLER PT CRUISER 2.0 LIMITED** 58,000 miles, FSH, Silver, lthr, climate, pas, e/w, cruise, r/c/CD, chrome alloys . £3,295
Y **FORD FOCUS 1.8 ZETEC ESTATE** Metallic Pepper Red, pas, climate pack, alloys, e/windows, r/c, 59,000 miles, FSH ... SOLD
02 **CITROEN SAXO 1.6 VTR** 38,760 miles, Silver, alloys, pas, e/windows, sunroof, radio/CD £3,295
02 **FORD FIESTA 1.25 FREESTYLE** Black, 40,800 miles, 1 owner from new, alloys, pas, e/windows, aircon, c/locking ... £2,995
51 **FORD KA 1.3 LUXURY** Metallic Blue, cream leather, 27,700 miles, s/history, aircon, e/windows, alloy wheels ..... SOLD
54 **CITROEN XSARA 1.6 LX** 30,000 miles, service history, Silver, aircon, pas, electric windows, stunning value £2,995
S **VW GOLF 1.4E** 3-dr, 75,800 miles, Gold, electric sunroof, pas, radio/cassette..... £2,995
W **VW BORA 2.0 SE** Metallic Blue, pas, aircon, airbags, alloy wheels, 80,000 miles, e/windows, e/mirrors..... £2,995
03 **FORD KA 1.3** Pepper Red, 46,000 miles, pas, radio/cassette, insurance group 2 ..... £2,995
Y **VAUXHALL ASTRA 1.6 CLUB** 5-dr, Metallic Green, 64,000 miles, aircon, pas, electric windows, central locking £2,995
52 **NISSAN MICRA 1.0 HATCHBACK** pas, 1 owner, only 24,000 miles, airbag, low insurance £2,995
03 **VAUXHALL AGILA 1.2 CLUB SE** Silver, pas, electric windows, 44,000 miles..... £2,995
52 **PEUGEOT HATCHBACK 106 INDEPENDANCE 1.1** 1 owner, pas, Metallic Blue £2,795
W **NISSAN ALMERA 1.5E 52** 5-dr, Metallic Blue, 72,750 miles, pas, electric windows, central locking £2,295
V **MEGANE HATCHBACK COUPE 1.6** alloys, aircon, CD, sunroof, Yellow £2,495
Y **FORD FOCUS 2.0 GHIA ESTATE** Juice Green Metallic, 73,600 miles, aircon, pas, e/windows, alloys, terrific value £2,495
S **NISSAN MICRA 1.0 ALLY** 3-dr, Blue, 42,000 miles, pas, low insurance group £1,995
Y **NISSAN PRIMERA SE HATCH** 5-dr, pas, electric windows, electric mirrors, aircon, abs, central locking £1,995

AUTOMATICS

S **AUDI A3 1.6** 3-dr, Gold, pas, electric windows, 59,000/full service history, alloys, absolutely stunning..... SOLD
R **MERCEDES C180 ELEGANCE FACELIFT MODEL** 75,000 miles, s/history, 2 owners, Met Blue, pas, e/windows, s/roof . £3,295
Y **FORD FOCUS 1.6 ZETEC ESTATE** 62,750 miles, service history, Ink Blue Metallic, pas, e/windows, alloys, c/locking.. £2,995
Y **VAUXHALL CORSA 1.2 COMFORT** 5-dr, 33,170 miles, full service history, pas, sunroof, central locking, radio/CD £2,995
R **AUDI A4 1.8 SE** 50,900 miles, f/s/history, 1 owner from new, Met Grey, climate, pas, e/wind, alloys, fabulous cond.. £2,795

ESTATE CARS/4 WHEEL DRIVE

Y **TOYOTA RAV4 2.0 GX** 5-dr, 42,685 miles, FSH, Silver, aircon, pas, e/windows, e/s/roof, alloys, superb condition £5,495
V **VW PASSAT TDI DIESEL SE ESTATE 1.9** 2 owners, 71,000 miles, s/h..... £3,995
Y **FORD FOCUS 1.6 ZETEC ESTATE** 62,750 miles, service history, Ink Blue Metallic, pas, e/windows, alloys, c/locking.. £2,995
Y **FORD FOCUS 2.0 GHIA ESTATE** Juice Green Metallic/cream, 73,600 miles, a/c, pas, e/windows, alloys, terrific value . £2,495

PART EXCHANGE CLEARANCE CARS

X **TOYOTA AVENSIS 1.8 GS VVTi** 5-spd, 80,300 miles, s/history, pas, aircon, e/windows, c/locking, radio/CD..... £1,795
M **VAUXHALL ASTRA 1.4 MERIT AUTO** 3-dr, Red, low mileage, pas, call for details..... £1,495
S **FORD ESCORT 1.6 FINESSE** Pepper Red Metallic, 53,400 miles, full service history, aircon, pas, e/windows, alloys .. £1,495
s **NISSAN ALMERA 1.4 ESTEEM** 3-dr, Metallic Blue, 61,300 miles, s/history, pas, sunroof, drives beautifully £1,495
K **BMW 520I SE** 87,000 miles only, pas, e/windows, electric sunroof, alloy wheels, White, superb condition for year.... £1,295
P **RENAULT LAGUNA 1.8 RN** Blue, 100,000 miles, electric windows, drives well..... £995

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(02) **Mercedes 500 CLK Avante Garde** Silver, 52,000 miles, 2 owners, full service history, fully loaded including sat nav, excellent condition **£14,995**

(S) **Mercedes 420 CL** some AMG parts, Blue, leather, cruise, fully loaded, parking sensors, 2 owners, 35,000 miles ..... Was £10,995 **Now £9,995**

(02) **Jaguar S Type 2.5** sport full leather p/sensors, fully loaded, s/history .. **£6,995**

(03) **Ford Focus 1.6 Ebony** aircon, pas, c/locking, electric windows, full leather, alloys, CD, 26,000 miles, f/s/history, Black ..... Was £6,995 **Now £6,499**

(52) **Ford Fiesta Ghia** 5-dr, Black, all usual refinement, excellent condition . **£4,495**

(52) **Vauxhall Zafira 1.6 Club** Silver, 2 owners, very good condition **£3,495**

(V) **Audi A4 Estate 1.8 SE Auto** very good example, 61,000 miles, Blue **£3,495**

(00) **Mazda Premacy 1.8 GXi** aircon, electric sunroof, Silver 65,000 miles, service history ..... Was £3,295 **Now £2,995**

(99) **Honda Shuttle 2.3 LS Auto 7-str** Silver, aircon, pas, central locking, electric windows, very clean example **£2,995**

(01) **Vauxhall Omega 2.2 CDX Auto** a/c, pas, c/locking, e/windows, s/roof .. **£2,795**

(98) **Honda Prelude 2.0 Auto** aircon, e/s/roof, Clifford alarm, s/history **£2,495**

(98) **Mitsubishi Spacewagen 2.0 GLXi Auto 7-str** sunroof, central locking, electric windows, pas **£2,495**

(P) **BMW 316 SEi Auto** Dark Red, pas, electric windows, very nice example ..... **Just £2,295**

(00) **Ford Mondeo Ghia 2.0 X Pack** aircon, leather, CD player, sunroof, alloys, fully loaded, 68,000 miles, service history ..... Was £2,495 **Now £1,995**

(S) **Ford Mondeo Estate 2.5 Ghia X Pack** Maroon, leather heated seats, e/seats, CD, alloys, aircon, demon+1 owner, smart example.. Was £2,495 **Now £1,995**

(00) **Mitsubishi Carisma 1.8i Gdi Auto** 5-dr, aircon, service history, just..... **£1,995**

(94) **Mitsubushi Shogun 3.5 LWB 7-str** taxed & MoT **£1,795**

(V) **Renault Laguna** Met Blue, pas, e/window, low mileage, excellent cond **£1,595**

(R) **Vauxhall Vectra 2.0 CDX Auto** Metallic Black, fine example ..... **To clear £795**

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02 (52) BMW 330 DIESEL SPORT SALOON AUTO Titan Silver, full black leather trim, 18" MV wheels, parking sensors, electric sunroof, CD stack, remote locking etc. 1 owner just 47,000 miles, full service history .**£10,995**

02 (02) VW GOLF 1.9 TD GTi (150 BHP) DIESEL MANUAL 6-spd, Metallic Black with beige leather seats, aircon, alloy wheels, CD player/radio, all electrics, 79,000 miles **£7,995**

02 (02) SAAB 9-3 2.0 SE CONVERTIBLE TURBO Gloss Black, full black leather turbo trim, turbo wheels, all electrics etc, 1 owner, just 22,000 miles, full service history ..**£7,695**

02 52 BMW 318i SE AUTO SALOON Orient Blue Metallic, full Sand Beige leather trim, aircon, alloys, electric sunroof, all electrics, etc, lovely condition **£6,795**

02 (02) MERCEDES BENZ C200 ELEGANCE AUTO Brilliant Silver, grey cloth trim, climate control, alloy wheels, all electrics etc, 1 owner, 75,000 miles, full service history **£6,795**

05 (55) FORD FOCUS 1.6 LX 5-dr, 5-spd, new shape, Metallic Silver, grey velour trim, aircon, all electrics, radio CD player etc, just 25,000 miles, full service history .**£6,495**

03 (03) VW PASSAT TDi SE (130BHP) DIESEL SALOON Light Blue Metallic, aircon/climate, CD/radio, all electrics etc, 52,000 miles, full service history.....**£6,495**

00 (W) BMW 530d SE DIESEL SALOON MANUAL Biarritz Blule with sand beige leather, aircon, alloy wheels, cruise, radio/CD multichanger, 86,000 miles, full service history.....**£5,995**

01 (51) MINI COOPER 1.6 AUTO 3-dr, Dark Metallic Blue with white roof, aircon, alloy wheels, CD/radio, electric windows, central locking, full service history, 80,000 miles **£5,995**

04 (54) MG ZR 120+ 5-dr, 5-spd, Brilliant Silver, half black leather trim, aircon, alloy wheels, all electrics, just 20,000 miles, full service history **£4,995**

05 (05) VAUXHALL CORSA 1.2 16v BREEZE 3-dr, 5-spd, Gloss Black, grey cloth trim, aircon, alloys wheels, electric windows, central locking, CD player etc, 1 lady owner, just 26,000 miles, full service history ..**£4,995**

MG ZR 105+ TROPHY SE LTD EDITION 3-dr, 6-spd, Metallic Silver, 17" alloy wheels, CD player, aircon, all electrics, etc, 1 lady owner, just 19,000 miles, lovely condition **£4,995**

02 (02) VOLKSWAGEN GOLF 1.4 S 5-dr, 5-spd, Reflex Silver, grey velour trim, electric sunroof, electric windows, remote central locking, etc, 2 owners, only 55,000 miles, full service history **£4,695**

04 (04) MG ZT 190+ 2.5 V6 (FACE LIFT) satellite navigation, TV tuner, Brilliant Silver, half black leather trim, aircon, all electrics etc, 70,000 miles, full service history .**£3,795**

01 (51) ALFA ROMEO 2.0 TWIN SPARK LUSSO 5-dr, 5-spd, Graphite Grey Metallic, full black leather trim, aircon, alloy wheels, all electrics, etc. Only 52,000 miles, full service history, 1 lady owner.....**£3,695**

04 (53) FIAT STILO 1.2 ACTIVE aircon, 5-dr, 5-spd, Graphite Grey, grey velour trim, pas, electric windows, remote central locking, etc. etc. Just 28,000 miles, full s/history **£3,495**

03 (53) SUZUKI WAGON R+ 1.3 S LTD MANUAL 5-dr Bright Blue Metallic, CD/radio, electric windows, 44,000 miles, full service history, 1 owner **£3,495**

01 (Y) PEUGEOT 206 1.4 GLX AUTO 5-dr, Metallic Silver, aircon, CD/radio, electric windows, central locking, 59,000 miles, full service history **£3,495**

00 X PEUGEOT 607 2.2 HDi AUTO DIESEL SALOON Metallic Silver, Grey velour trim, sat nav, climate control, alloys, all electrics, etc, 100,000 miles, full service history, beautiful condition **£3,495**

00 V BMW 318i SE SALOON 5-spd, Bright Red, Charcoal cloth trim, aircon, electric sunroof, alloys, all electrics, etc, high mileage, full service history, beautiful condition **£2,995**

03 (03) PEUGEOT 106 INDEPENDENCE 1.1 3-dr, Blue, power steering, CD/radio, 45,000 miles, ideal first car **£2,995**

02 02 VAUXHALL OMEGA 2.6 CDX AUTO SALOON Silver, Grey velour trim, aircon, alloys, all electrics, etc, 70,000 miles, full service history, lovely condition, fantastic value **£2,995**

97 (R) BMW 323 COUPE AUTO Moria Green, full tan Nappa leather, crusie control, alloy wheels, all electrics etc, 2 owners, only 90,000 miles, service history, lovely example.....**£2,795**

01 (51) ROVER 45 1.6 IMPRESSION MANUAL 5-dr, British Racing Green, aircon, radio/CD player, electric windows, central locking, 47,000 miles, fsh **£2,495**

98 (S) VW POLO 1.6 CL AUTO 3-dr, Bright Blue, pas, central locking, electric windows, etc. Just 38,000 miles, full s/history **£2,295**

98 (S) BMW 316i COMPACT 5-spd, Brilliant Silver, grey cloth trim, sunroof, CD player, alloy wheels, electric windows etc, look full service history, lovely condition **£1,995**

99 (V) RENAULT MEGANE COUPE 2.0 IDE MONACO LTD EDITION 5-spd, 2-dr, Bright Green Metallic, full black leather trim, aircon, alloy wheels, all electrics, etc, only 41,000 miles, full service history **£1,995**

01 (Y) ROVER 25 1.4 IMPRESSION MANUAL 3-dr, Dark Blue Metallic, alloy wheels, central locking, CD player/radio, 1 owner, 50,000 miles, full service history **£1,995**

98 (R) ROVER 600 2.0 SLi AUTO SALOON Red Metallic, grey velour trim, aircon, alloy wheels, all electrics, etc., only 72,000 miles, full service history.....**£795**

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02 (52) MERCEDES MS 270 CDi DIESEL AUTO Green/Black Metallic, full charcoal leather trim, factory sat nav, 18" alloy wheels, all electrics etc, Only 60,000 miles, full service history, lovely cond, fantastic value.....**£9,995**

04 (04) LAND ROVER DISCOVERY 2.5 TDi PERSUIT 7-STR Metallic Silver, grey cloth trim, aircon, alloys, cruise control etc, full service history, fantastic value.....**£8,995**

04 (54) JEEP CHEROKEE 2.8 CRD LIMTED AUTO Atlantic Blue, light grey leather trim, aircon, heated seats, all electrics etc, 1 private owner, 50,000 miles, full Jeep history **£7,495**

03 (52) MITSUBISHI L200 ANIMAL DOUBLE CAB 2.5 TDi Black over Silver, grey cloth trim, aircon, alloy wheels, all electrics etc.....**£6,495+VAT**

03 (03) JEEP CHEROKEE 2.5 CRD LTD 5-spd, Brilliant Silver, light grey leather trim, aircon, alloys, CD, heated seats, all electrics etc, 1 owner, 50,000 miles, full service history, lovely condition **£6,495**

02 (02) NISSAN X-TRAIL 2.0 SPORT AUTO Metallic Blue, grey velour trim, electric sunroof, alloy wheels, all electrics, etc. Only 52,000 miles, full service history.....**£5,495**

01 51 TOYOTA RAV 4 2.0 NRG AUTO 3-dr, Gloss Black, Grey cloth trim, aircon, alloys, remote locking, CD player, etc, 60,000 miles, full service history **£5,295**

ESTATES & MPVs

03 (03) MERCEDES BENZ E320 CDi ELEGANCE ESTATE AUTO 7-STR (FACE LIFT) Met Grey, black leather, sat nav, wood, CD, all electrics etc, 1 owner, 95,000 miles, FDH, beautiful **£12,995**

04 (53) MERCEDES BENZ A160 ELEGANCE AUTO 5-dr, Dark Blue Metallic, aircon, alloy wheels, radio/CD, electric windows, central locking, 29,000 miles, full service history **£6,495**

04 (04) CITROEN PICASSO 2.0 SX AUTO 5-dr, Dark Metallic Red, aircon, CD/radio, central locking, electric windows, 36,000 miles, full service history **£5,495**

04 (04) VAUXHALL ZAFIRA 2.0 DTi DIESEL ELEGANCE 7-STR 5-spd, Gloss Black-Grey velour trim, aircon, alloys, electric sunroof, remote locking, etc, 90,000 miles, full service history beautiful condition, fantastic value.....**£5,495**

04 (04) VAUXHALL ZAFIRA 1.6 LIFE MANUAL 7-STR 5-dr, Blue Metallic, aircon, CD/radio, electric windows, central locking, 33,000 miles, f/s/history **£4,995**

04 (04) VAUXHALL ZAFIRA 2.2 DTi DIESEL ELEGANCE 5-spd, Gloss Black, grey velour trim, aircon, alloys, electric sunroof, all electrics etc, 90,000 miles, lovely condition, fantastic value **£4,795**

01 (51) VAUXHALL ZAFIRA 1.8 CLUB AUTO Prestige Blue, light grey velour trim, aircon, pas, all electrics etc, 1 lady owner, 52,000 miles, full service history, lovely condition **£3,995**

03 (03) ROVER 75 2.0 V6 TOURER CONNOISSEUR ESTATE 5-spd, Midnight Blue Metallic, grey leather, electric heated seats, PDC, aircon, all electrics etc, 1 lady owner, 49,000 miles, full service history, beautiful condition **£3,995**

98 (S) MERCEDES C200 SPORT ESTATE AUTO Gloss Black with black cloth interior, aircon, alloys, CD/radio, electric windows, central locking, 82,000 miles, full service history.....**£3,995**

02 (51) CITROEN PICASSO 1.8 SX 5-dr, 5-spd, Lilac Mist Metallic, aircon, CD/radio, c/locking, e/windows.....**£3,995**

01 (X) SAAB 9-5 2.3 SE T ESTATE AUTO Brilliant Silver, full black leather trim, climate control, alloy wheels etc, full specification, 95,000 miles FSH, lovely condition, fantastic value **£3,495**

01 (Y) FORD FOCUS 1.8 CL DIESEL ESTATE 5-spd, Artic White, grey cloth trim, pas, electric windows, central locking, etc, etc.....**£2,495**

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04 54 **VAUXHALL VECTRA 1.9 CTDi** 5-dr, 72,000 miles, full service history, pas, aircon, leather, electric windows, electric mirrors, CD player, alloy wheels, remote locking, superb car throughout £6,995

04 04 **MG ZT T+CDTi 135 ESTATE** 75,000 miles, FSH, 1 owner and demo, aircon, pas, electric windows, CD player, alloys, air bags, half leather, ABS, stunning car .. £5,995

03 03 **KIA SEDONA LX 7-STR AUTO** Diesel, 68,000 miles, full service history, pas, e/windows, aircon, r/locking, superb condition throughout £5,695

03 54 **VAUXHALL ZAFIRA 1.8 ELEGANCE** 53,000 miles, fsh, 2 owners, aircon, pas, electric windows, electric sunroof, alloys, roof bars, stunning car £5,695

04 04 **FORD FOCUS 1.8 LX ESTATE** 56,000 miles, full service history, aircon, pas, electric windows, CD, alloys, lovely family car £4,995

01 51 **RENAULT ESPACE AUTHENTIQUE AUTO 7-STR** 44,000 miles, FSH, pas, aircon, electric windows & mirrors, CD, remote locking, alloys, superb family car £4,995

05 05 **VAUXHALL CORSA 1.3 SXi TWINPORT** 3-dr, 41,000 miles, full service history, pas, sunroof, alloys, CD player, superb little car throughout £4,995

99 V **JAGUAR S TYPE SE AUTO** 57,000 miles, full service history, aircon, pas, electric sunroof, electric windows & mirrors, full tan leather, alloy wheels, abs, radio/cassette, outstanding condition throughout £4,995

05 55 **CHEVROLET LACETTI SX** 5-dr, 7,000 miles, FSH, pas, aircon, electric sunroof, electric windows, CD player, alloys, airbags, stunning car £4,995

04 04 **MG ZR 1.8+** 5-dr, 30,000 miles, full service history, pas, electric windows, aircon, CD player, alloy wheels, Bright Yellow, stunning car £4,995

03 53 **VAUXHALL OMEGA 2.2 CD AUTO** 50,000 miles, full service history, pas, electric windows, aircon, CD player, alloy wheels, abs, stunning car £4,995

02 02 **VAUXHALL CORSA 1.4 COMFORT AUTO** 5-dr, 32,000 miles, full service history, pas, electric windows, remote locking, electric sunroof, aircon, low road tax, superb car throughout £4,995

03 52 **CITROEN C3 EXCLUSIVE** 5-dr, 73,000 miles, FSH, pas, electric windows, aircon, remote locking, CD player, outstanding condition throughout £4,695

03 53 **FORD FUSION 1.4 2** 5-dr, 41,000 miles, service history, pas, aircon, electric windows, central locking, low road tax, low insurance group, superb car throughout £4,695

02 02 **PEUGEOT 307 LX AUTO** 5-dr, 66,000 miles, full service history, pas, electric windows, airbags, radio/cassette, superb car throughout £4,495

01 Y **FORD PUMA 1.6** 66,000 miles, FSH, aircon, pas, electric windows, remote central locking, abs, alloys, outstanding condition throughout £4,495

02 02 **PEUGEOT 307 1.6 LX ESTATE** 32,000 miles, full service history, aircon, pas, electric windows, central locking, lovely family car, superb condition throughout £4,495

04 54 **FIAT PUNTO 1.2 ACTIVE** 5-dr, 23,000 miles, full service history, pas, electric windows, CD player, remote locking, low road tax, outstanding condition throughout £4,295

01 51 **VAUXHALL ASTRA 2.2 COUPE BERTONE** 52,000 miles, full service history, aircon, pas, electric windows, alloys, CD, stunning car throughout £3,995

01 51 **CITROEN PICASSO 2.0 LT HDi SX DIESEL** 51,000 miles, FSH, 1 owner plus demo, aircon, pas, e/windows, CD, superb condition throughout £3,995

04 04 **FIAT PUNTO ACTIVE SPORT** 3-dr, 23,000 miles, service history, pas, electric windows, central locking, alloys, airbags, long road tax, superb little car £3,995

01 Y **VAUXHALL OMEGA 2.2 CDX AUTO ESTATE** 56,000 miles, FSH, pas, aircon, leather alloys, heated seats, abs, outstanding condition throughout £3,995

99 T **BMW 323 SE** 148,000 miles but with full BMW service history, aircon, pas, electric windows, electric mirrors, abs, remote central locking, MV2 18" alloys, this car must be seen £3,695

02 51 **VAUXHALL CORSA 1.2 16V COMFORT** 5-dr, 70,000 miles, 2 owners, aircon, pas, electric windows, radio/cassette, remote locking, twin air bags, low road tax, superb first car £3,495

01 51 **ROVER 75 CLUB SE** 5-spd, 46,000 miles, full service history, aircon, pas, e/windows, remote locking, alloy wheels, abs, superb car throughout £3,695

99 V **FORD FOCUS 2.0 GHIA** 5-dr, 67,000 miles, full service history, aircon, pas, alloy wheels, electric windows, superb car throughout £2,995

02 02 **VAUXHALL VECTRA 2.2 LS** 5-dr, 68,000 miles, full service history, aircon, pas, electric windows, CD, remote locking, abs, lovely family car £2,995

01 51 **FORD KA 1.3** 50,000 miles, full service history, pas, electric windows, central locking, low road tax, ideal 1st car £2,695

99 S **MAZDA 323F** 87,000 miles, full service history, pas, e/windows, r/locking, alloy wheels, radio/cassette, superb little family car £2,495

PX TO CLEAR

94 M **AUDI 80 COUPE** 96,000 miles, full service history, pas, aircon, sunroof, e/windows, alloy wheels, stunning car for year must be seen £2,495

96 P **NISSAN MICRA 1.2 GS** 3-dr, 78,000 miles, full service history, electric windows, remote locking, alloy wheels, CD, stunning little car £1,495

90 H **BMW 320 SE** 4-dr, 126,000 miles, full service history, pas, electric sunroof, electric windows, alloys, taxed & tested, stunning car for year £2,495

94 L **FORD ESCORT 1.8 LX DIESEL ESTATE** 60,000 miles, pas, electric windows, taxed and tested £695

92 J **VAUXHALL ASTRA 1.4 LSi** 5-dr, 85,000 miles, service history, pas, sunroof, radio cassette, good little runner £295

COMMERCIAL

03 52 **KA VAN** 40,000 miles, full service history, pas, radio cassette, colour coded, smart little van, low road tax £2,995

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2002 02 **MERCEDES C180 COUPE SPORT EVO PANORAMA AUTO** ONLY 31,000 MILES, Obsidian Black Metallic, black cloth interior, electric panoramic sunroof, climate control, air conditioning, alloy wheels etc. 2 lady owners, full Mercedes main dealer service history £8,999

2004 04 **PEUGEOT 206 GTi 180 MANUAL** 3-dr, ONLY 19,000 MILES, 1 previous owner, full service history, Silver, leather/Alacantra Recaro sports seats, aircon, climate, 17" alloy wheels with Pirelli P7000 low profiles, multi-stack CD, etc £6,999

2000 W **MERCEDES ML430 AUTO** Metallic Grey, only 46,000 miles, full Mercedes service history, recent major service, sat nav, leather, aircon, alloy wheels etc £5,999

2004 54 **VAUXHALL ASTRA SXi 1.7 CDTi DIESEL MANUAL** 5-dr, 5-spd, Blue Metallic, 1 previous owner, 79,000 miles, full service history, aircon, alloy wheels etc £5,499

2001 Y **SUBARU IMPREZA 2.0 WRX 4WD SPORTSWAGON ESTATE MANUAL** 5-dr, 5-spd, UK supplied with full Subaru service history, Metallic Green, black trim, demo + 1 lady owner, aircon, alloys, tracker £5,299

1990 G **ROVER MINI THIRTY JOHN COOPER MANUAL** Metallic Ruby Red, ONLY 18,000 MILES, 1 owner from new, half black leather, piped in burgundy, alloy wheels, sunroof, 30th Anniversary Model converted to Cooper specification when new by John Cooper, totally immaculate one off opportunity £4,999

2002 02 **MG ZT-T 190+** Estate 5-dr, 5-spd, Red, sat-nav/tv, 1 previous owner, full service history, grey leather/suede upholstery, air conditioning, climate control, alloy wheels, etc. £3,999

1999 T **BMW 318i SE SALOON MANUAL** 4-dr, 5-spd, Orient Blue Metallic, Beige leather, climate control, air-conditioning, alloy wheels, superb condition, bargain £3,299

2001 X **VAUXHALL ZAFIRA 1.8 COMFORT MANUAL ESTATE** 5-dr, 7-seater, Silver, 1 previous owner, full service history, just serviced, new tyres, air conditioning, etc £2,499

2001 Y **VAUXHALL VECTRA CLUB MANUAL** Star Silver, 5-dr, 5-spd, ONLY 54,000 MILES, 1 lady owner, full main dealer service history, just serviced & MoT'd, aircon, electric sunroof, alloy wheels, multi-stack CD, cruise, etc. £2,499

1999 T **RENAULT CLIO 1.6 RXE MANUAL** 3-dr, 5-spd, Dark Blue Metallic, ONLY 26,000 MILES, demo + 1 lady owner, full service history, aircon etc £2,499

1995 M **MERCEDES E200 SALOON MANUAL** 4-dr, Red, 1 previous owner, power assisted steering, electric windows/mirrors, remote locking/alarm (Thatcham cat 1), stereo, full service history, new MoT £1,299

CONVERTIBLES

2004 54 **MINI COOPER S CONVERTIBLE** Dark Silver Metallic coachwork, panther black gravity leather upholstery, anthracite interior trim, manual 6-spd, ONLY 33,000 MILES, aircon, 17" bullet alloys, Xenons, CD multichanger etc., 1 previous owner, full Mini service history, TLC 5 year (extendable) service package, chili pack £11,999

2001 Y **MERCEDES SLK 230K, ROADSTER MANUAL** 2-dr, 6-spd, ONLY 15,000 MILES, 1 lady owner, full Mercedes service history, Prismatine Green Metallic, Anthracite leather, electric folding hardtop, stunning, as new condition £10,999

2001Y **AUDI TT (225bhp) QUATTRO CONVERTIBLE MANUAL** Black, black leather, 6-spd, alloys, aircon climate control, Bose concert stereo, multistack CD, sat nav & integrated bluetooth £10,999

2006 06 **RENAULT MEGANE 1.6 VVT DYNAMIQUE, COUPE CABRIOLET MANUAL,** ONLY 6,000 MILES, Metallic Gold, 5-spd, 1 owner, full service history, electric glass retractable roof, aircon, alloy wheels £10,499

1997 P **BMW 328i CONVERTIBLE AUTO** Madeira Violet Metallic, silver grey leather, alloy wheels, stereo/CD, pre-reg then Mother and Son from new, new MoT £3,999

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CAR OF THE WEEK

(03) **FORD GALAXY GHIA AUTOMATIC 1.9 TD** 7-seater, Silver, 1 owner, 36,000 miles, main dealer s/history, navigation system, climate, alloys, abs, CD player £7,995

MANUALS

(95) **LOTUS ELAN 1.6 S2 LTD (463) CONVERTIBLE** 2-dr, Green, leather, 1 owner, fully documented Lotus s/history, 58k, alloys, p/steering, e/windows, e/mirrors £8,995

(55) **CHRYSLER PT CRUISER 2.4 LTD** 5-dr, Metallic Blue, 1 owner, 13k, very low miles, FMDSH, leather, chrome alloys, abs, traction, airbags £6,495

(06) **RENAULT CLIO 1.2 EXPRESSION,** 5-dr, Metallic Black, 13k, aircon, pas, remote central locking, low tax, low insurance, electric windows, electric mirrors £6,295

(54) **ALFA ROMEO 147 1.9 JTD (DIESEL 140BHP) 45,** service history, family owned, air con, air bags, alloys, traction, pas, e/windows, e/mirrors, cruise, computer £5,995

(51) **BMW 525i SE** 4-dr, Metallic Blue, leather, cruise, traction, abs, alloys, airbags, central door locking, parking sensor, service history, pas, remote central locking £5,295

(53) **VW PASSAT 2.0 SE 20V** 4-dr, Metallic Black, 26k, full service history, very low miles, climate a/c, traction, abs, airbags, alloys, CD, r/c/locking, e/windows/mirrors £4,995

(02) **JAGUAR X-TYPE 3.0 V6 SE** 4-dr, Metallic Blue, climate aircon, cruise, traction, abs, alloys, airbags, e/windows, e/mirrors, remote c/locking, CD player £4,995

(53) **FORD FIESTA ZETEC 1.4** Black, 3-dr, 50k, pas, electric windows, central locking, aircon £4,495

(06) **FORD KA 1.3 COLLECTION** 3-dr, Metallic Red, 17k, main dealer service history, aircon, alloys, pas, electric windows, CD, airbag £4,495

(03) **ALFA 156 1.8 TS TURISMO** 4-dr, Metallic Silver, climate aircon, traction, abs, alloys, airbags, pas, electric windows, electric mirrors, 49k £3,995

(52) **PEUGEOT 206 SW 1.6 XSi ESTATE** 5-dr, Metallic silver, 42K, service history, aircon, airbags, CD, abs, pas, remote c/locking, electric windows, electric mirrors £3,995

(02) **NISSAN PRIMERA 1.8 SE** 4-dr, Silver, 28k, abs, electric windows, electric mirrors, pas, central locking, aircon, service history £3,995

(03) **FORD KA 1.6 SPORT SE** Silver, 54,000 miles, service history, abs, pas, electric windows, central locking, aircon £3,495

(03) **CITROEN C3 1.4i DESIRE** 5-dr, Metallic Silver, 49k, aircon, airbags, electric windows, pas, remote central locking £3,495

(X) **VOLKSWAGEN POLO 1.4 SE** 5-dr, alloy wheels, electric windows, electric sunroof, central locking, abs, pas, service history £3,295

(51) **NISSAN ALMERA 1.5 S** 5-dr, Metallic Silver, abs, pas, aircon, airbags, electric windows, electric mirrors £2,995

(03) **ROVER 45 2.0 CLUB TD (DIESEL),** 4-dr, Metallic Silver, 65k, s/history, abs, aircon, airbags, CD, e/windows, e/mirrors, e/sunroof, heated seats, parking sensors £2,995

(Y) **RENAULT S 1.6 ALIZE** 38,200 miles, Red, twin sunroof, pas, electric windows, central locking £2,795

(01) **RENAULT CLIO 1.4 ALIZE** 5-dr, Metallic Green, 55k, service history, aircon, airbags, remote central locking, pas, electric windows, sunroof £2,495

(Y) **ROVER 25 1.4 16v** 5-dr, Silver, 41k, service history, aircon, electric windows, central locking £2,495

(01) **ROVER 25 1.4i L 16v** 5-dr, Metallic Blue, 1 owner, remote central locking, pas, electric windows, electric mirrors, aircon £2,495

(Y) **CITROEN SAXO 1.4 FURIO** 3-dr, Metallic Blue, 39k, pas, central locking, airbag, electric windows, new MoT £2,495

(02) **MITSUBISHI SHOGUN PINNIN 1.8 CLASSIC** abs, aircon, pas, central locking, electric windows, electric mirrors £2,495

(W) **FORD FIESTA 1.25 LX,** 5-dr, Metallic Green, aircon, electric windows, remote central locking, CD, airbags, 72k, service history £1,995

(99) **VOLKSWAGEN GOLF 1.6 SE** 5-dr, Blue, pas, remote central locking, electric windows, electric mirrors, abs £1,995

(X) **FORD ESCORT 1.6 FINESSE** 5-dr, Black, aircon, alloys, electric windows, airbag, central locking, 51k £1,795

(W) **ROVER 45 1.4i S16v** 5-dr, Metallic Blue, abs, airbags, alloy wheels, pas, remote central locking, electric windows, electric mirrors £1,495

(00) **NISSAN ALMERA 1.4** 5-dr, Metallic Blue, airbag, pas, alloys, remote central locking, CD, electric windows, electric mirrors, rear parking sensor £1,495

(R) **HONDA CIVIC 1.5i** 5-dr, Metallic Green, pas, central locking, electric window, electric mirrors, electric sunroof, aircon £1,495

(T) **CITROEN SAXO 1.1 EAST COAST,** 3-dr, Metallic Red, 54k, long MoT, CD, low insurance, ideal first car £995

(W) **FIAT BRAVA 1.6 100 ELX** 5-dr, Metallic Red, pas, central locking, electric windows, electric mirrors, 62k, service history £995

(P) **VOLKSWAGEN POLO 1.4 CL** 3-dr, Metallic Green, pas, central locking, electric windows, electric mirrors, new MoT, px clearance £895

VOLKSWAGEN POLO 1.6 4-dr, Red, pas, central locking, taxed & MoT, px clearance £795

(P) **ROVER 416 SLi** 4-dr, Metallic Silver, pas, electric windows, electric mirrors, remote central locking, alloy wheels, tax and MoT £695

AUTOMATICS

(03) **MERCEDES 230 CLK CONVERTIBLE Limited Edition** leather seats, 79,000 miles, service history, usual extras, Silver £10,995

(05) **JAGUAR X-TYPE 2.0 V6 SPORT AUTO** 4-dr, Met Silver, 12k, low miles, full Jag s/history, leather, climate aircon, abs, alloys, traction, airbags, cruise, demo+1 ..... £9,995

(05) **FORD FOCUS 1.6 ZETEC CLIMATE AUTO (new shape)** 5-dr, 38k, Met Blue, climate aircon, abs, airbags, e/windows, e/mirrors, pas, alloys, r/c/locking, s/history £6,495

(55) **VAUXHALL ASTRA 1.8 DESIGN AUTO** 5-dr, 22k, Silver, service history, electric windows, central locking, alloys, aircon, abs, traction, remote central locking £6,295

(53) **CITROEN C8 2.0SX 16v AUTO MPV** 5-dr, Met Grey, 38k, full service history, aircon, abs, air bags, cruise, e/windows, e/mirrors, CD, pas, remote central locking £5,995

(02) **VOLVO V70 2.4i S ESTATE AUTO** 5-dr, Metallic Blue, 66k, climate, aircon, abs, alloys, airbags, pas, cruise, electric windows, electric mirrors, 1 owner £5,995

(53) **FORD MONDEO 2.0 LX TDCi AUTO (DIESEL)** 5-dr, Red, 39k, service history, aircon, abs, airbags, pas, remote central locking, CD, electric windows/mirrors £5,995

(54) **FORD MONDEO 2.0 LX AUTO** 5-dr, Metallic Grey, aircon, airbags, abs, pas, remote central locking, electric windows, electric mirrors £5,495

(02) **SUBARU FORESTER 2.0 AWD ESTATE AUTO,** 5-dr, Blue on Silver, 43k, MDSH, aircon, airbags, alloys, e/sunroof, e/windows, e/m, cruise, heated seats £4,495

(03) **CITROEN PICASSO 1.8 SX AUTO** Silver, 42k, pas, electric windows, central locking, abs, service history, aircon £3,995

(04) **NISSAN ALMERA 1.8 S AUTO** 5-dr, 32k, Metallic Blue, service history, pas, electric windows, central locking, abs, aircon, CD player £3,995

(W) **HONDA CRV ES AUTO** 63k, Gold, abs, electric windows, central locking, new cam belt fitted, sunroof, aircon £3,795

(51) **TOYOTA AVENSIS 2.0 GLS VVTI ESTATE AUTO,** 5-dr, Metallic Blue, sat nav, rear parking sensor, a/c, abs, alloys, pas, e/windows, e/mirrors, r/c/locking, MDSH £3,695

(51) **CHRYSLER PT CRUISER 2.0 LTD AUTO ESTATE** 5-dr, 22k, s/history, very low miles, aircon, abs, alloys, cruise, traction, airbags, e/windows, e/mirrors £3,695

(Y) **FORD MONDEO GHIA X ESTATE AUTO** Metallic Blue, 79,000 miles, main dealer service history, abs, pas and usual extras £3,495

(Y) **HYUNDAI TRAJET 2.0 GSi MPV AUTO,** 5-dr, Metallic Red, 47k, aircon, airbags, electric windows, electric mirrors, pas, remote locking, 7-seater £3,495

(Y) **ROVER 75 2.0 CLASSIC SE AUTO** 4-dr, Green, 1 owner, aircon, service history, airbags, pas, electric windows, remote central locking £2,495

(51) **ROVER 45 1.8i LX 16v AUTO** 5-dr, Metallic Blue, 32k, low miles, leather, aircon, abs, airbags, electric windows, electric mirrors, e/sunroof £2,495

(96) **MERCEDES C200 ELEGANCE AUTO** 4-dr, Green, low miles, service history, pas, remote central locking, e/windows, e/mirrors, e/sunroof, lovely car £1,995

(99) **VAUXHALL OMEGA 2.5 ELITE V6 AUTO ESTATE** 5-dr, Black, aircon, airbags, alloys, traction, abs, leather, electric windows, electric mirrors, electric seats £1,995

(95) **HONDA CIVIC 1.6i LS AUTO** 5-dr, Metallic Silver, 70k, FSH all documented, remote central locking, abs, pas, electric windows, electric mirrors, electric seats £1,295

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04/04 S-TYPE 4.2R AUTO Ultra Violet Blue/oatmeal hide, aircon, 23,000 miles....£16,995
03/03 S-TYPE 4.2R AUTO NAVIGATOR Zircon Blue/Stone hide, aircon, 49,000 miles....£13,995
04/54 S-TYPE 2.5 SE Platinum Silver/sand half hide, aircon, 1 owner, 7,000 miles....£12,995
05/05 X-TYPE 2.0 DIESEL SPORT PREM, ESTATE, Zircon Blue, aircon, 50,000 miles....£10,850
03/53 X-TYPE 2.1 AUTO Zircon Blue/grey cloth, aircon, 27,000 miles....£6,995
01/51 X-TYPE 3.0 SE AUTO Platinum Silver/black hide, aircon, 45,000 miles....£6,995

HOT HATCHES
06/06 FOCUS 2.5 ST3 3-DR Colorado Red/black hide, aircon, 1 owner, 5,000 miles....£13,995
06/06 SKODA OCTAVIA 2.0 FSI VSR 5DR Race blue/grey, a/c, 1 owner, 27,000 miles....£11,995
FIAT 500 1.4 SPORT Bossa Nova White/grey, aircon, 50/50 seat, red brakes/ del miles....£10,995
06/56 RENAULT CLIO 2.0 SPORT (197) SPORTS Blue/Grey, aircon, 1 owner, 15,000 miles....£10,995
07/57 FIESTA 2.0 ST Frozen White with blue stripe/half hide, aircon, 1 owner, 4,000 miles....£9,995
06/56 SKODA FABIA 1.9 TDi 130 VRS 5-DR Corrida Red/grey, aircon, 14,000 miles....£8,995
02/52 MINI COOPER 1.6 3-DR Black with white roof/red/grey half hide, 16,000 miles....£7,950
07/57 RENAULT TWINGO 1.2 GT TCE 100 Extreme Blue/grey, aircon, 6,500 miles....£7,750
02/52 MINI COOPER 1.6 (CHILLI PACK) Chilli Red/half hide, pan roof, 64,000 miles....£6,995

SPORTS, COUPES & CABRIOLETS
04/54 MERCEDES CLK270 CDi AVANTGARDE Brilliant Silver/red/grey duo hide, 28,000 miles....£16,995
03/53 AUDI TT 3.2 V6 QUATTRO DSG AUTO Flash Red, 1 owner, aircon, 20,000 miles....£13,995
02/02 AUDI A4 3.0 SPORT CABRIOLET AUTO Caribbean Blue/Grey hide 42,000 miles....£12,995
07/07 PEUGEOT 407 2.2 SE COUPE Platinum Silver/mulberry hide, sat nav, 15,000 miles....£12,995
04/04 VW BEETLE 1.8T CONVERTIBLE Speed Blue/black hide, aircon, 35,000 miles....£10,450
05/05 MAZDA MX5 1.8 ICON Silver/grey, 14,000 miles....£9,995
05/05 TOYOTA MR2 1.8 VVYi Lagoon Blue/black, 21,000 miles....£9,995
05/55 HYUNDAI COUPE 2.0 SE AUTO Black/grey, sunroof, aircon, 13,000 miles....£9,750
05/05 VAUXHALL ASTRA 2.2 CONVERTIBLE Black/black hide, 7,000 miles....£8,950
00/W AUDI CABRIOLET 2.6E FINAL EDITION AUTO Blue/hide, aircon, 40,000 miles....£6,995
03/53 PEUGEOT 206 CC 2.0 ALLURE Aegean Blue/black hide, aircon, 16,600 miles....£7,250

VAUXHALL
07/56 ZAFIRA 1.9 CDTi CLUB AUTO 7-STR Metro Blue/grey, aircon, 8,000 miles....£10,750
07/57 CORSA 1.4 DESIGN 16V 5-DR Light Blue/grey, aircon, 5,000 miles....£8,995
05/05 ASTRA 2.2 CONVERTIBLE Black/black hide, 7,000 miles....£8,950
07/07 CORSA 1.4 CLUB 5-DR AUTO Air Blue/grey motif, aircon, 1 owner, 9,000 miles....£8,750
06/56 ASTRA 1.8 DESIGN 5-DR AUTO Metro Blue/black half hide, aircon, 1 owner, 4,000 miles....£8,250
06/06 ZAFIRA 1.6 LIFE 7-STR Star Silver/grey, aircon, 1 owner, 8,000 miles....£7,995
06/55 ASTRA 1.8 DESIGN ESTATE AUTO Star Silver/grey half hide, aircon, 1 owner, 3,000 miles....£7,950
06/55 VECTRA 1.8 DESIGN 5-dr, Black/half hide, aircon, 13,000 miles....£7,450
07/07 CORSA 1.2 CLUB 5-DR Star Silver/grey, aircon, 16,000 miles....£6,995
05/05 ZAFIRA 1.8 LIFE 7-STR AUTO Ultra Blue/grey, aircon, 1 owner, 14,000 miles....£6,450
05/05 ASTRA 1.8 LIFE 5-DR AUTO Moonland/grey, aircon, 1 owner, 11,000 miles....£6,450
04/54 ZAFIRA 1.8 LIFE 7-STR Silver Lightning/grey, aircon, 1 owner, 23,000 miles....£5,995
03/52 ASTRA 1.6 ACTIVE 5-DR Star Silver/grey, aircon, 32,000 miles....£3,850

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06/56 FOCUS 2.5 ST 3-DR Colorado Red/black hide, aircon, 1 owner, 5,000 miles....£13,995
07/57 FIESTA 2.0 ST Frozen White with blue stripe/half hide, aircon, 1 owner, 4,000 miles....£9,995
07/07 FOCUS 1.6 ZETEC CLIMATE 5-DR AUTO Sea Grey/grey, aircon, 1 owner, 10,000 miles....£8,995
07/07 FOCUS 1.8 STYLE (125) 5-DR Moondust Silver/grey, aircon, 1 owner, 6,000 miles....£8,750
06/06 MONDEO 2.0 LX 5-DR AUTO Sea Grey, grey trim, aircon, 18,800 miles....£7,750
07/07 FUSION 1.4 ZETEC CLIMATE 5-DR Panther Black/b/grey, aircon, 1 owner, 7,000 miles....£7,650
05/05 FOCUS 1.6 115 ZETEC CLIMATE ESTATE Tonic Blue, aircon, 1 owner, 10,000 miles....£6,995
05/05 FOCUS 1.6 LX AUTO 5-DR Moondust Silver/grey, aircon, 1 owner, 27,000 miles....£6,995
07/07 FIESTA 1.25 ZETEC CLIMATE 3-DR Panther Black/grey, aircon, 7,000 miles....£6,995
06/55 FOCUS 1.6 LX 5-DR Aquarius Blue/grey, aircon, 27,000 miles....£6,995
08/08 KA 1.3 (70) ZETEC CLIMATE Panther Black/blue, aircon, only 600 miles....£6,750
06/56 FIESTA 1.25 STYLE CLIMATE 3-DR Tonic Blue/grey, aircon, 1 owner, 11,000 miles....£6,350

LEXUS
05/55 GS300 SE-L NAVIGATOR AUTO Palladio Silver/grey hide, aircon, 27,000 miles....£20,995
05/55 GS300 SE NAVIGATOR AUTO Canterbury blue/hide, aircon, s/roof, 13,000 miles....£19,995
06/06 IS250 SE MULTI MEDIA AUTO Argenta Silver/hide, aircon, 1 owner, 14,000 miles....£18,995
06/55 IS220 TD SE MULTI-MEDIA Brechin Slate/beige hide, aircon, 22,000 miles....£16,995
05/55 IS250 SE AUTO Canterbury Blue/grey hide, aircon, 1 owner, 28,000 miles....£17,450
03/53 GS300 SPORT AUTO NAVIGATOR Platinum ice/black half hide, aircon, 27,000 miles....£13,995
04/04 IS300 SPORTCROSS AUTO NAVIGATOR Platinum Ice/black hide, aircon, 14,000 miles....£12,450
05/05 IS200 SE NAVIGATOR Montrose Blue/exmoor hide, aircon, 1 owner, 22,000 miles....£10,995
03/03 IS300 AUTO Glenarvon Pine/Exmoor hide, aircon, 23,000 miles....£9,850

SMALL AUTOMATICS
07/07 FOCUS 1.6 ZETEC CLIMATE 5-DR AUTO Sea Grey/grey, aircon, 1 owner, 10,000 miles....£8,995
07/07 CORSA 1.4 CLUB 5-DR AUTO Air Blue/grey motif, aircon, 1 owner, 9,000 miles....£8,750
06/56 ASTRA 1.8 DESIGN 5-DR AUTO Metro Blue/black half hide, aircon, 1 owner, 4,000 miles....£8,250
05/05 TOYOTA COROLLA 1.6 T3 VVTi 5-DR AUTO Blue/grey, aircon, 1 owner, 21,000 miles....£7,950
07/07 CITROEN C4 1.6 SX 5-DR AUTO Brilliant Silver/grey, aircon, 1 owner, 12,000 miles....£7,750
05/05 FOCUS 1.6 LX 5-DR AUTO Moondust Silver/grey, aircon, 1 owner, 27,000 miles....£6,995
05/05 ASTRA 1.8 LIFE 5-DR AUTO Moonland/grey, aircon, 1 owner, 11,000 miles....£6,450
03/53 NISSAN MICRA 1.4 SVE 5-DR AUTO Tungsten Grey/grey, aircon, 1 owner, 3,000 miles....£5,995
06/06 KIA PICANTO 1.1 LX 5-DR AUTO Blue/grey, aircon, 1 owner, 15,000 miles....£5,450

ESTATES
06/06 SAAB 9-5 1.9 TDi 150 VECTOR AUTO Titan Grey/hide, aircon, 16,000 miles....£13,995
04/04 IS300 SPORTCROSS AUTO Platinum Ice/Exmoor hide, aircon, 14,000 miles....£12,450
05/05 X-TYPE 2.0 DIESEL SPORT PREM ESTATE Zircon Blue, aircon, 50,000 miles....£10,850
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ALLAM MOTOR SERVICES ARRIVE AND DRIVE EVENT

Allams Alfa Romeo in Epsom are holding an Arrive and Drive Event over the weekend of 13th and 14th September, 2008. The event will be held at Horton Park Golf and Country Club which is located in Horton Country Park, between Epsom, Ewell and Chessington. Over this weekend the full range of Alfa Romeo cars will be on display including the latest Alfa GT Cloverleaf along with the Brera S, a car that has taken the UK car market by storm coining the phrase "Best of Italy. Best of Britain".

It promises to be a great day out with the chance to test drive any or all of these fantastic cars as well as improve

your golf swing! Yes, the professionals at the club will be available to all visitors who would like to have their golf swing analysed on video. This sophisticated piece of equipment records your swing and can then be played back in minute detail highlighting areas that could be changed or improved. Anyone electing to test drive any of the cars on the day will also qualify for a free golf lesson from the club professional or a free round of golf at Horton Golf Club.

In addition to the fantastic cars on display, there will also be a barbeque and refreshments provided by Allam's mobile refreshment unit. Those wishing to experience a drive of a different form can take advantage of the Club's driving range. It promises to be a fantastic day out for all golfers and fans of the Alfa Romeo brand!

So make it a date for the Allams Arrive and Drive Event.

You can find the Horton Park Golf and Country Club on Hook Road, Epsom in Surrey, KT19 8QG. The event runs from 9:00 am until 5:00 pm on Saturday and from 10:00 am until 4:00 pm on Sunday. Make it a date for a great day out!

You can find Allams Alfa Romeo at Longmead Business Park, 12 Felstead Road, Epsom, Surrey, KT19 9AS or, for more information, telephone (0844) 502 0328. You can also visit their website at www.allamsalfaromeo.co.uk.

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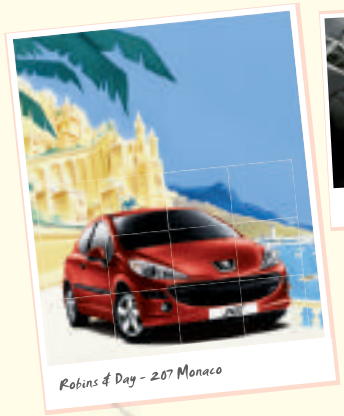
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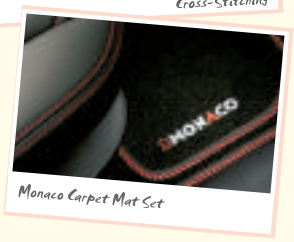
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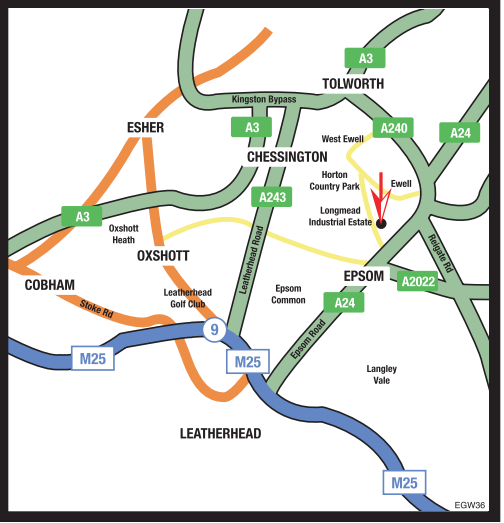

EGW36

Toyota

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07954 202 952(T)

VAUXHALL CORSA
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£595
07954 202 952(T)

FORD FIESTA
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020 8330 6761
07932 388 699

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CITROEN SAXO 1.1SX, 1998, S-reg, e/windows, sunroof, 74,000 miles, 2 owners, service history, good condition, bargain £995 poss p/ex 020 8873 0010 or 07736 545676 (T)

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Vauxhall

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Volkswagen

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abs	Anti-lock Braking System
a/b or a/bags	Airbag(s)
a/c or a/con	Air Conditioning
auto	Automatic
a/w or alloys	Alloy Wheels
c/coded	Colour Coded
c/control	Climate Control
c/l or c/lock	Central Locking
cruise	Cruise Control
e/m	Electric Mirrors
e/w	Electric Windows
ex cond or ex con	Excellent Condition
fsh	Full Service History
4wd	Four Wheel Drive
h/f/s or h/f/screen	Heated Front Screen
h/s	Heated Seats
immob	Immobiliser
lhd	Left Hand Drive
MoT	Ministry of Transport (Cert)
ono	Or Nearest Offer
ovno	Or Very Nearest Offer
pas	Power Assisted Steering
p/x	Part Exchange
r/c/l	Remote Central Locking
r/w/w	Rear Wash Wipe
sat nav	Satellite Navigation
s/r or s/roof	Sunroof
3-dr	Three Doors
vgc	Very Good Condition

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SPORTS*brief*

MOTOR RACING: Gino Rea is determined to build on his best European Superstock 600 Championship outing last time out in the eighth round at Donington Park this weekend. Rea, who finished second at Brands Hatch, said: "I want to win. I have been on the podium three times out of the past four races, now I need to make the step up onto the top of that rostrum. I am one point away from third in the championship at the moment."

Full preview: yourlocalguardian.co.uk

ATHLETICS: Howard of Effingham schoolgirl Emelia Gorecka, 14, ran a faster time than her Surrey girls' U15s record and the U17s record when she competed in a 3,000m race at an open meeting at Watford. However, it will not count for record purposes as the winning time of nine minutes, 22.80 seconds was achieved in a mixed race. In addition, it is the fastest time recorded to date by a British U15s girl and the third fastest by an U17s athlete.

Weekend round-up: yourlocalguardian.co.uk

ATHLETICS: Sutton-based top sprint hurdler Andy Turner, who reached the Olympic semi-finals, found it tough going at the Aviva British Grand Prix meeting at Gateshead on Sunday. He finished seventh in the 110m hurdles in 13.74, running into a slight headwind.

More athletics: yourlocalguardian.co.uk

MOTOR RACING: Effingham's Jack Clarke slipped one place to fifth in the Henderson Formula Palmer Audi Championship after the latest three races at Brands Hatch last weekend. Clarke, 20, claimed an eighth-place finish after crashing out on the second lap in the opening race and then colliding with Alex Brundle in the second race after moving into fifth place.

Motor sport updates: yourlocalguardian.co.uk

ATHLETICS: Martin Newton led Sutton Runners home in the Hyde Park 5km race last Friday, finishing 27th out of 211 athletes in a time of 18.39.

Full Sutton Runners report: yourlocalguardian.co.uk

ATHLETICS: Epsom & Ewell Harriers finished third in their final league meeting of the year. There were wins for Lucy Barnard (100m and long jump), Liz Sissons (shot putt), Jo Bennett (discus, shot putt), Jenny Piercy (hammer), Rosie Clark (800m, B high jump), Isabel Brinsden (3,000m), Vanda Cauldfield (B 3,000m), and Emily Parker (100m hurdles).

Your sport: yourlocalguardian.co.uk

BOWLS: Cheam reached the final of the Past Times Trophy with a 46-31 win over Chipstead, gaining revenge for defeat by the same team on the extra end of their Yonwin Cup clash.

Rink 1: Cheam: Alan Gover, Mike Appleford, Dan Morris, Mike McDonagh 34 Chipstead: N Chapman 12. **2:** Colin Popple, Chas Smith, Greg Barnett, Gary Stevens 12 D Day 19.

More bowls: yourlocalguardian.co.uk

Jason is Simp-ly the best

by JO QUANTRILL
sports@london.newsquest.co.uk

South London Harriers' Jason Simpson set a veterans' course record in winning Saturday morning's Banstead Woods 5km time trial.

Simpson clocked 16 minutes, eight seconds, finishing 47 seconds ahead of clubmate and race director Chris Phelan, who celebrated his 48th birthday by coming second in a personal best time before treating time triallers with a shower of sweets and chocolates.

Sutton Runners' Jonathan Trehearn also set a PB in coming third (17:16).

South London Harriers' Ian Kitching produced the best age-graded performance in finishing fourth in a field of 160 in a personal best 17.35, reaping the benefits of his training for the Berlin Marathon.

Reigate Priory's Ali Brown won the women's race for the first time (20:40) ahead of Epsom Oddballs' Ceara Joyce (21:58) and Sutton Runners' Tracy Begg (22:30).

Sutton & District's 15-year-old Marcus Haughton credited tough but enjoyable sessions at Sutton Arena with coach Nigel Griffiths for helping him to finish as the first young athlete in 19th, while his nine-year-old brother Daniel also ran well.

The first girl was South London Harriers' 14-year-old Helen Wilson.

Result: 1 Jason Simpson (South London Harriers) 16:08, 2 Chris Phelan (South London Harriers) 16:55, 3 Jonathan Treheharn (Sutton Runners) 17:16, 4 Ian Kitching (South London Harriers) 17:35, 5 David Freeman (Tadworth) 17:54, 6 Andy Davis (South London Harriers) 17:55, 7 Martin Giles (Sutton Runners) 18:08, 8 Harry Martin (Sutton Runners) 18:17, 9 Shaun Billing (Brighton & Hove City) 18:17, 10 Ollie Garrod (Epsom & Ewell Harriers) 18:38, 11 David Ross (Sutton Runners) 18:40, 12 Damian Macenhill (Striders of Croydon) 18:42, 13 Greg Sherriff (Oxted Runners) 18:48, 14 Mark Halls (Brighton & Hove City) 18:51, 15 Glenn Quarton (South London Harriers) 19:03, 16 Dave Wilson (26.2 RRC) 19:07, 17 Peter Walsh 19:20, 18 Tim McIntyre 19:25, 19 Marcus Haughton (Sutton & District) 19:28, 20 Dominic Staunton 19:41, 21 Sean Covey (Arena 80 AC) 19:46, 22 Ian Rustige (Reigate Priory) 19:52, 23 Mike Pocock (Reigate Priory) 19:54, 24 Steven Barber (Sutton Runners) 19:56, 25 Neil Walford (Brighton & Hove City) 20:08, 26 Stephen Cooney (Collingwood) 20:15, 27 Robin Holmes (South London Harriers) 20:22, 28 Andrew Stalley (Collingwood) 20:26, 29 Matthew Brown 20:27, 30 Martin Mabbutt (South London Harriers) 20:33, 31 Ali Brown (Reigate Priory) 20:40, 32 Alan Collis (26.2 Road Runners) 20:43, 33 John Foss (South London Harriers) 20:46, 34 Neville Harris (Sutton & District) 20:49, 35 Robert Li (Road Runners Club) 20:52, 35 Robert Li (Road Runners Club) 24:52, 36 Mark Ralph 20:53, 37 Duncan Potts 21:00, 38 Mark Aldred (Sutton Runners) 21:27, 39 James Ball 21:28, 40 Neil Furze (Striders of Croydon) 21:31, 41 Dominic Aslangul 21:37, 42 Simon Rosser (South London Harriers) 21:39, 43 Paul Byrne (Reigate Priory) 21:41, 44 Ceara Joyce (Epsom Oddballs) 21:58, 45 Graham Miller (Sutton Runners) 21:59, 46 Bernie Ingrams (South London Harriers) 22:01, 47 Harvey Hughes (South London Harriers) 22:09, 48 Greg Bryant (Sutton Runners) 22:19, 49 Johnathon Wilson (26.2 RRC) 22:22, 50 Tracey Begg (Sutton Runners) 22:30, 51 Les Huitson 22:34, 52 Roger Bryant 22:44, 53 Gerald Milton (Epsom Oddballs) 22:46, 54 Paul Carpenter 22:47, 55 Andy Zonfrillo 22:50, 56 Daniel Haughton (Sutton & District) 22:55, 57 Didier Lehmann (Wickham Avenue Strollers) 22:57, 58 Steve Everton Murphy (Reigate Priory) 23:03, 59 Helen Claire Wilson (South London Harriers) 23:21, 60 Stuart Gravestock 23:30, 61 Matthew Pont 23:33, 62 Thomas Wilkie (Collingwood) 23:38, 63 Steve Martin (Collingwood) 23:40, 64 Stewart Stanton (Sutton Runners) 23:43, 65 Trudy Kuhn (South London Harriers) 23:45, 66 Neville Critoph 23:52, 67 Cecilia Beylefeld 23:55, 68 Anita Hedges (Sutton Runners) 23:59, 69 Julie Duke 24:04, 70 Richard N Carter (South London Harriers) 24:08, 71 Mark Thompson 24:17, 72 Susan Carnell 24:27, 73 Ryan Tollit 24:30, 74 Lorraine Hewett (South London Harriers) 24:44, 75 Peter Warnock 24:47, 76 Geoff Ellis (Epsom Oddballs) 24:51, 77 Mary Matthews (Tadworth) 24:56, 78 Alan Matthews (Tadworth) 24:57, 79 Tim Imeson (Tadworth) 25:00, 80 Philip Reader 25:07, 81 Douglas White (Collingwood) 25:11, 82 Sam Skipper 25:14, 83 Dylan Nurse 25:17, 84 Alan Imeson (Tadworth) 25:22, 85 Yannick Wawrzyniak 25:39, 86 Nick Cambridge 25:40, 87 Samantha Joab 25:43, 88 Caroline Cattini 25:44, 89 Neil Sunderland (26.2 RRC) 25:59, 90 Neil Wood 26:00, 91 Jonathan Mackin 26:04, 92 Stewart Howe (Sutton Runners) 26:05, 93 Claire Ballhatchet (Sutton Runners) 26:12, 94 Phyllis Flynn (Stragglers) 26:13, 95 David Quickenden (Collingwood) 26:22, 96 Sam Guest 26:25, 97 Mary Lamont (Sutton Runners) 26:31, 98 Robin Wilson (Collingwood) 26:34, 99 Judith Bottomley 26:34, 100 Sharon Butler 26:36, 101 Hannah-Mai Flynn (Epsom & Ewell Harriers) 26:37, 102 Graham Lovegrove 26:50, 103 Kathy Wetherall (Epsom Allsorts) 26:50, 104 James E Ward (Epsom Oddballs) 27:02, 105 Lucy Ashdown-Parkes 27:02, 106 Andy Maxton 27:03, 107 Steven Clarke (Sutton Runners) 27:05, 108 David Davies (Epsom Oddballs) 27:09, 109 Andy Oman 27:23, 110 Trish Ann Coombs (Sutton Runners) 27:31, 111 Jon Corfield 27:34, 112 Matthew Cooney 27:40, 113 Marion Stanton (Sutton Runners) 27:41, 114 Melvin Trundley 27:42, 115 Tony Trundley 27:43, 116 Elaine Dodds 27:44, 117 Caroline Gravestock (Sutton Runners) 27:48, 118 Sally Davis 28:07, 119 Rupert Quested 28:23, 120 Vanessa Anstee 28:24, 121 James Jones 28:26, 122 Jim Murphy 28:26, 123 David J Watkins 28:27, 124 Susan Esslemont (Epsom Allsorts) 28:37, 125 Michael Crimmen (26.2 RRC) 28:44, 126 Jamie Oman 28:50, 127 Michaela Moher (Sutton Runners) 28:51, 128 Mike Bryant (26.2 RRC) 29:06, 129 Khrisslyn Goodman (Stragglers) 29:14, 130 Fee Pooloo (Epsom Allsorts) 29:15, 131 Matthew Jeffery 29:20, 132 Tom Mapleson 29:47, 133 Warren Gwillym 29:51, 134 Tanya Allen (Ranelagh Harriers) 30:01, 135 Pauline Maxton (Epsom Allsorts) 30:02, 136 Chris Leggatt 30:04, 137 Andrew Leggatt 30:05, 138 Khristian Serrano 30:28, 139 Patricia Cue (Sutton Runners) 30:48, 140 Kirsty Cunnington 31:08, 141 Annabel Meade (Sutton Runners) 31:22, 142 Elaine Liu-Preston 31:36, 143 Margaret Margo Smith 31:39, 144 Shirley Palmer 31:43, 145 Michele Qualtrough (Sutton Runners) 31:49, 146 Sue McIntyre (Epsom Oddballs) 31:46, 147 Annie Hills 31:59, 148 Michele Martin 32:26, 149 George Frogley 32:41, 150 Christina Harris (Epsom Allsorts) 33:28, 151 Sarah Percival 33:53, 152 Jonathan Anstee 34:34, 153 Allan Kuhar 34:56, 154 Sally Skipper 34:59, 155 Sue Frogley 35:00, 156 Philippa Davies 35:16, 157 Keith Booth 36:23, 158 Alex Parris 36:59, 159 Carol McMillan 38:05, 160 Lizzie Ruth Wilson 40:43.

Out in front: Jason Simpson on his way to victory in Banstead Woods Peter Searle

For entry details and news on other time trials: parkrun.com

Winning mentality is key

by STUART AMOS
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It is 8.35 on a Tuesday night and a week short of four years since Sir Clive Woodward stepped down as England's rugby supremo.

Only now have I decided the man responsible for his country lifting the William Webb Ellis Trophy has a lot to answer for.

I have just finished an hour of lung-busting training with Sutton & Epsom RFC's first XV as they prepare for their second season back in London Division One, which kicks off at Hertford on September 13.

Head coach Martin Knights has targeted a top-four finish for the coming campaign, and has enlisted the services of fitness and conditioning coach Will Newman to ensure his men are in peak condition.

Two seasons ago, I did a similar exercise with Guinness Premiership outfit Harlequins to get a flavour of what it took to be a top-flight player.

It was not a pleasant experience, although sharing an ice bath with All Black legend Andrew Mehrtens and former South African skipper Andre Vos was!

London Division One, as Newman points out, is a strange coming-together of the game's amateur ethos and the professional aspirations of those bidding to get into the National Leagues.

Since England's World Cup triumph in 2003, more money has filtered into a sport that now sees the likes of London Scottish – in National Division Three South – signing former Premiership stars on semi-pro contracts.

And Sutton are adamant they don't want to get left behind.

After a brief warm-up, Newman sets about putting the players through their paces with a series of intense, game-specific drills.

A vomit-inducing combination of tackling bags, wrestling for the ball and push-ups sees the 30-strong contingent of players soon regretting signing up to his new mantra.

Yours truly managed to hold on to the contents of his stomach, but it wasn't long before I was sitting out a full-throttle inter-squad match.

It proved a wise choice as some players – hell-bent on proving themselves ahead of next week's opening-day clash with Hertford – came to blows.

As I watched, Newman told me his approach was influenced by the regime Woodward installed on his appointment in 1997, one that would eventually see England crowned world champions.

Sutton are serious about success. They may not be Harlequins, but the mind-set is the same. And, if they do not succeed, it will not be due to a lack of trying.

Look ahead to the new rugby union season: yourlocalguardian.co.uk

Head first: Stuart Amos at a Sutton & Epsom training session Deadlinepix Ben Mole SP22596

Sutton keep key players

Sutton Rileys have kept their Epsom & District Snooker League championship-winning team together as they look to retain their title in 2008-09.

However, skipper Bernie Canavan, Kevin Harey and Bill Dower are likely to face a stronger challenge from last year's runners-up New Malden, for whom Grant Warner is teaming up with captain Paul Lawrence and Glenn Strange.

Coulsdon, who finished third last season, have a new captain in the shape of Martin Wright, while Burgh Hill could be dark horses for the title under new skipper Dale Miles.

In Division One, newly-promoted Surbiton Town are looking strong under the captaincy of Stuart White, but they are likely to be pushed all the way by Epsom Snooker Club and Banstead.

Divisions Two and Three look too close to call, with teams from Epsom, Carshalton, Walton Heath, West Ewell, Cheam, Sutton, Worcester Park, Molesey, Raynes Park, Chessington, New Malden, Morden and Coulsdon all hoping for a good season.

The league also kicks-off with a new chairman in the shape of Kevin Harey.

Weir set for Beijing test

by TOM POLLAK
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Wallington-based wheelchair racer David Weir, Britain's top paralympic athlete, is down for five events in the Paralympic Games, which begin with the opening ceremony in Beijing on Saturday.

Weir was Britain's outstanding performer at the 2006 World Championships in Assen, winning three golds and one silver medal.

It proved a gruelling championship for Weir, who competed in 13 races in seven days, winning golds at 100m, 400m and 1,500m and silver over 200m.

Weir, 29, who is competing in his third Paralympic Games, faces an equally testing time in Beijing, where he competes in the 400m, 800m, 1,500m and 5,000m.

He competed in Atlanta in 1996, where he was seventh in the 100m and was a member of the 4x100m relay team which was fourth.

He failed to make the Sydney Games in 2000 but, in Athens four years ago, he took silver in the 100m and bronze in the 200m.

Weir, who took up wheelchair racing when he was eight, won his third consecutive London marathon title in April after a perfectly timed sprint finish down The Mall.

He first appears on the Beijing track on Sunday with the 400m heats in the morning session and the 5,000m heats at the end of the afternoon programme. On Tuesday, he is due to compete in the 5,000m semi-finals in the morning and 400m semi-finals in the afternoon.

Open to be upgraded

by STUART AMOS
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Coaching director Nick Weale has revealed Sutton Tennis & Squash Club is 95 per cent sure its open tournament will be upgraded to a British Tour event next year.

Bournemouth-based 19-year-old Tom Hewitt walked off with the £1,000 men's title and Bristol's Emily Webley-Smith, 24, the women's crown in the grade five tournament at Devonshire Road last month.

It was the first time in nearly 20 years the club has held an event of this type, and Lawn Tennis Association officials are meeting this week to rubber stamp its elevation to the pro tour.

Weale, also tournament director, says the move would be a major boost to the club.

"There was talk about cancelling it in May because we were down on numbers and there wasn't much coming in in the way of sponsorship," he said.

"Two other graded tournaments were on in the area at about the same time but, once we got confirmation experienced match referee Bill Perkins was on board, it seemed to click into place.

"We are not 100 per cent sure it will be upgraded, but we are getting good signals from the powers that be.

"Earning a place on the tour would add prestige to the tournament."

More tennis: yourlocalguardian.co.uk

Winner: Emily Webley-Smith Deadlinepix Niall O'Mara SP22592

On the move: Jack Smith carries the ball forward for Sutton United against Hastings United Deadlinepix Gareth Harmer SP22247

Doswell still on the hunt

by STUART AMOS
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Sutton United boss Paul Doswell admits he is still hunting for a permanent replacement for departed skipper Craig Davis, despite landing Bromley's Karl Murray on a month's loan on Monday.

The 26-year-old, who has fallen out with Lilywhites boss Mark Goldberg, completed the switch the same day the British transfer record was smashed when Robinho signed for Manchester City in a £32.5m deal.

United will pick up the tab for half Murray's Blue Square South wages during September as the former Woking player of the year and England semi-pro international looks to relaunch his career.

Doswell has identified the next seven games as crucial to his plans for a lucrative FA Cup run – which will help fund the Murray deal – and an assault on the Ryman League Premier Division top two.

And the Sutton manager, who is expecting to release two fringe players in the coming weeks, reckons his impact is sure to have the desired effect as he bids to fill the gap left by Davis' shock exit.

"It is nothing but a win-win situation for everyone involved," he said.

"Karl gets a window to attract another Conference-level club, we get a very good player and Bromley have the chance to get him off the wage bill. He may stay longer on a month-by-month basis, but I would expect a club to come in for him very quickly.

"There are seven or eight games – including two potentially very big cup games – in September and Craig leaving was going to leave us a little bit short.

"This has given me a bit of breathing space to get out and about, to find the right replacement for Craig rather than just anyone.

"There are one or two squad players I'll have to let go to make sure we have the funds available, but it is only one area we are looking to fill."

Sutton fleetingly returned to winning ways with a 2-1 win over Hastings United on Saturday, but crashed to a humiliating 4-0 defeat at Wealdstone on Tuesday night – with Murray making his debut.

To compound the club's misery, midfielder Dean Palmer was involved in an altercation with home fans.

Assistant Steve West insists Sutton must start playing as a team if they are to find the consistency to mount a promotion challenge.

"We went to pieces in the second half. Players need to take more reponsibility and not go all gung-ho to score goals when we go behind," he said.

"We must make sure it does not happen again and quickly.

"The players we have brought in are hungry for success, but they've got to earn their money."

Next three games for Sutton United: Sept 6 Horsham (a), Sept 9 Staines Town (h), Sept 13 Cray Wanderers (FA Cup, h)

Match reports: yourlocalguardian.co.uk

Hazel: We need to improve in one or two areas

by SIMON FITZJOHN
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Leatherhead manager Ian Hazel wants to boost his squad options to get back on track after crashing out of the FA Cup at Kent side Ashford Town on Saturday.

The Tanners went down 3-2 despite a brace from Tommy Hutchings.

Hazel said: "I am looking to bring players in but it would not be fair on the players I have to say in which areas.

"We certainly need to improve in one or two areas and I aim to do something about it.

"Saturday was never going to be an easy task but I am still annoyed that we went out."

Hutchings has warned his team-mates they must cut out the mistakes if they are to progress this season.

He said: "We keep conceding late goals and it is costing us.

"Our first-half performance was poor. In the second, we passed the ball more, but it is one of those things I suppose."

Leatherhead's next three matches: Sep 6 Whyteleafe (h), 9 Ashford Town (a), 20 Met Police (h).

Match reports: yourlocalguardian.co.uk

Coward and Clarke excel

by DAVID MILLER
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Simon Clarke and Ann Coward have been crowned the Cheam Bowling Club champions.

Clarke beat Mike Haigh 21-15 to lift the men's title, while Coward defeated Ann Marlow 21-13 to take the women's crown.

It was a day for multiple appearances, with Simon Clarke, Nikki Gover and Ann Marlow each playing in three finals, and Ann Coward, John Hannon, Mike McDonagh and Gary Stevens in two.

The ladies' pairs provided the most dramatic conclusion.

At the 20th, Ann Marlow and Shirley Gibbs were 20-26 down to Zoe Barnett and Nora Haigh but scored six to take the game into a sudden death extra end.

Zoe and Nora hung on, however, to take the match.

RESULTS: Men's Championship: Simon Clarke 21 Mike Haigh 15. Ladies Championship: Anne Coward 21 Ann Marlow 13. Irvine Barber Cup: Simon Clarke 2 sets, Gary Stevens 0 sets. Men's Two Woods: James Fitzgerald 13 David Coward 12. Men's Pairs: David Porter & Mike McDonagh 28 Ray Ward & Alan Gover 18. Ladies' Two-wood Pairs: Glynis Atkins & Ann Marlow 19 Rosemary Hawkins & Joan Elgar 9. Ladies' Two-woods: Nikki Gover 14 Anne Coward 7. Ladies New Bowlers: Delyth Rowlands 21 Pat Allen 6. Ladies' Handicap; Diane Hannon 22 Nikki Gover 6, Ladies' Plate: Glenys Miller 21 Jill Barnett 10. Men's Two-woods Pairs: Peter Pankhurts & Daniel Morris 21 John Hannon & Gary Stevens 9. Joe Cross Plate: Keith Atkins 21 John Baker 15. Men's Handicap: Mike McDonagh 21 Simon Clarke 13. Mixed Pairs: John Hannon & Nikki Gover 20 Marie Brackfield & Greg Barnett 18. Veterans: Denis Veale 21 Chas Smith 16. Ladies Pairs: Zoe Barnett & Nora Haigh 27 Ann Marlow & Shirley Gibbs 26.

SPORTS*brief*

FOOTBALL: Banstead Athletic went top of the Cherry Red Records Combined Counties League with a 3-1 win over Chessington & Hook United on Tuesday night. Dave Leworthy's men visit Eastbourne United in the first round of the FA Vase this Saturday.
Football latest: yourlocalguardian.co.uk

ATHLETICS: John Fisher School old boy Martyn Rooney made a winning return from the Beijing Olympics when he took the 400m at the Aviva British Grand Prix meeting at Gateshead on Sunday. Rooney surged through in the final 120m to win in 45.35 seconds. He has three more races planned this season – in Brussels on Friday, Rieti on Sunday and then the World Athletics finals in Stuttgart on September 13-14.
More from Gateshead: yourlocalguardian.co.uk

FOOTBALL: A first half hat-trick from Billy Dunn set up a convincing 5-2 win for Sutton United reserves on Tuesday after they had been beaten 3-2 at Wealdstone at the weekend. Sam Deas and Daniel Harding were the other scorers for United, who host Basingstoke on Saturday and visit Metropolitan Police next Wednesday. Sutton's youth team opened their season last Wednesday with a 3-1 win over Raynes Park Vale.
Sutton United latest: yourlocalguardian.co.uk

ATHLETICS: Three Collingwood runners competed in the Seaford Marathon on Sunday. The route took in roads, tracks and fields and was well marked with arrows. Steve Cooney finished in three hours, 50 minutes, Andy Stalley clocked 4:11, with Allan Rumbles finishing in 4:16.
More athletics: yourlocalguardian.co.uk

CRICKET: Woodmansterne finished their season strongly with victory over promoted Frimley on Saturday. Tom Wortley took 4-51 and Arron Wells 3-21 as Frimley were skittled out cheaply and Chris Vagg led the way with 47 off 44 balls in reply.
Club cricket results: yourlocalguardian.co.uk

ATHLETICS: While on holiday in Lincolnshire, two members of Sutton Runners took part in a tough 10km race around the grounds of Grimsthorpe Castle. Mark Asten completed the course in 53.00, while wife Kathryn clocked 59.47.
Community sport: yourlocalguardian.co.uk

CRICKET: Resurgent Worcester Park made it three wins on the spin with a nine-wicket demolition of Old Wimbledonians at Green Lane. The visitors were shot out for just 93 after being put into bat as skipper Rob Bell (3-18) and Gary Marshall (2-18) blew away the top-order in quick time. Brothers Joe Hill (50 not out) and Rob Hill (45 not out) steered Park to victory. They host Streatham & Marlborough on Saturday.
Surrey Championship scoreboard: yourlocalguardian.co.uk

Sport

also at yourlocalguardian.co.uk/sport

Contact the sports desk on 020 8330 9580

on the INTERNET

EPSOM & EWELL CELEBRATE PRESIDENT STELLA LAMONT'S 80th BIRTHDAY WITH A WIN

yourlocalguardian.co.uk

Pedal power proves crucial

Sutton & Epsom's front rowers are literally getting on their bikes to solve an injury jinx and stay fit for the opening game of the London Division One season next weekend.

Head coach Martin Knights has seen four out of six props at the club on the treatment table in the past fortnight due to minor stress fractures and sore knees after intensive training on the hard pre-season ground.

The recent rain has eased concerns, but Knights is set to reduce the strain by introducing the use of static mountain bikes as part of the training schedule to help minimise the impact on his big men.

"We've got some really big, strong props at the club and they have really suffered this summer because the ground has been so hard," he said.

"Getting them on the bikes during training will help preserve them during the course of the season, while keeping fitness levels high."

Sutton opened their pre-season programme with a 55-10 defeat to National One side Esher on Saturday.

Rugby union latest: yourlocalguardian.co.uk

Point needed

Epsom need just a point from Saturday's home game with Bank of England to secure promotion to Surrey Championship Division One.

They stormed to a six-wicket win at Old MidWhitgiftians on Saturday.

Sonu Sharma took 5-36 as Mid were all out for 113 and Epsom replied with 114-6.

It means Epsom are 13 points clear of third-placed Cheam, the maximum number of points available for a win, with one game left.

Full report: yourlocalguardian.co.uk

Winner: Junior golfer Megan Amis

Mega victory for Megan

Leatherhead golfer Megan Amis put the disappointment of finishing outside the top three in the British Junior Golf Tour grand final at Celtic Manor last week behind her to win the Surrey Girls' Open Tournament on Saturday.

The 11-year-old Tyrells Wood Golf Club member beat her two playing partners by 13 and nine shots respectively in Wales, having won through to the final with some solid driving throughout the summer.

It wasn't enough to claim the British title but, three days later, she proved she was still in form when she triumphed at the Royal Mid-Surrey Course in Richmond.

More golf: yourlocalguardian.co.uk

Crunch time for Banstead

by MARK SPRING

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The race for a place in the Shepherd Neame Surrey Championship Premier Division goes down to the wire on Saturday, with Banstead and Ashtead contesting the final spot.

Banstead had hoped to secure promotion at Avenue Road last Saturday, but instead had to settle for a point from a losing draw with Walton-on-Thames.

Meanwhile, Ashtead's eight-wicket win at East Molesey on Saturday has left them just seven points behind their local rivals going into the final day of the season.

Meanwhile, Weybridge also took advantage with a 117-run win over Purley to go top of the table and clinch promotion.

Skipper Sam Woodward was disappointed to see Banstead's nine-game winning sequence ended, but is still confident his men can finish the job off when they visit East Molesey this weekend.

"It would have been great to win promotion in our final home game of the season, but that should take nothing away from one of the finest winning runs in our history," he said.

"This was not our day, but the guys kept going to the end and it was another exciting finish.

"It is all on the last game, but it is still in our hands."

Batting first on a difficult surface, Banstead were all out for 202 with Matt Spriegel (69) and Phil Reeves (39) the main contributors.

Walton openers Jimmy Moyes and Neil Farnsworth raced to 82-0, but Woodward juggled his bowlers in an attempt to force a desperately-needed win.

Mark Houghton took 4-49, with Reeves (2-28) and Dan Newton (1-6) making vital breakthroughs, but Walton still finished on 187-8.

Ashtead will be hoping mid-table East Molesey pose more of a challenge to Banstead on the final day than they did to themselves.

Aktar Shafiq led the way with 4-20 as East Molesey were all out for 101. Then Andrew Roberts hit an unbeaten 41 to leave Ashtead still in the hunt ahead of their home game with Purley on Saturday.

More cricket: yourlocalguardian.co.uk

SURREY CHAMPIONSHIP DIVISION ONE TABLE

	P	Pts
1 Weybridge	17	153
2 Banstead	17	146
3 Ashtead	17	139
4 Walton-on-Thames	17	108
5 Brook	17	93
6 Esher	17	83
7 East Molesey	17	81
8 Purley	17	53
9 Farnham	17	49
10 Beddington	17	47

SURREY CHAMPIONSHIP SCOREBOARD at yourlocalguardian.co.uk

SPORTS*brief*

FENCING: Rebecca Thomas won a silver medal in the women's epée at the UK School Games at Bath University last weekend. Representing Wales, the Therfield School pupil was ranked third after the preliminary stages, winning six of her seven bouts. She then reached the final with wins over Lucia McCafferty (Northern Ireland) 15-4, Lucy Risdale (Scotland) 15-10 and Jenny McGeever (England) 15-14, before being pipped 11-10 by Sophie Sinclair-Jones (England) in the final.

More youth sport: yourlocalguardian.co.uk

FOOTBALL: Leon White scored two second-half goals as Epsom & Ewell came from behind to beat Frimley Green 2-1 in the FA Cup on Saturday. Epsom visit Burgess Hill Town in the next round on September 13, and face Colliers Wood United in the FA Vase this weekend.

See our new Combined Counties League page: yourlocalguardian.co.uk

MOTOR RACING: Duncan Tappy finished third and fifth in the two rounds of the inaugural Super-League Formula races at Donington Park last weekend. "I came here wanting to do a sensible job and finish both races and I've exceeded that," said West Ewell-based Tappy.

Full story: yourlocalguardian.co.uk

CRICKET: Leatherhead & Cobham will clinch promotion to Surrey Championship Division Two if they beat Farncombe on Saturday. Second-placed Leatherhead ran out eight-wicket winners over Mitcham last weekend.

Surrey Championship scoreboard: yourlocalguardian.co.uk

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6	PORTION OF POTATO WEDGES	(v)	£2.00
7	FALAFEL with pitta bread and salad	(v)	£2.75
8	ONION RINGS	(v)	£2.00

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	Specially prepared chicken roasted on an upright spear			
11	SHISH KEBAB	£3.95	£5.95	
	Cubes of filleted lamb marinated in olive oil and onion juice and seasoning cooked on a charcoal grill			
12	SHASHIK KEBAB	£3.95	£6.30	
	Thin fillets of lamb marinated in olive oil, onion juice, herbs & seasoning skewered with onion, mushroom, green peppers cooked on a charcoal grill			
13	SHISH KOFTE	£3.80	£5.80	
	Minced lamb prepared with a variety of spices, skewered and cooked on a charcoal grill			
14	CHICKEN KEBAB	£3.80	£5.95	
	Specially prepared cubes of chicken skewered with green pepper and onion seasoning cooked on a charcoal grill			
15	MIXED KEBAB			£7.50
	1 skewer each of shish and kofte, 2 pieces of chicken and slices of doner			

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	Mildly spiced doner kebab served on a bed of diced pitta bread with onion rings, burned butter and anatolian tomato sauce	
17	ADANA KEBAB	£6.20
	Minced lamb with a variety of hot spices, cooked on a charcoal grill covered in adana sauce	
18	VEGETARIAN KEBAB	£4.20
	Tomato, onion, green pepper and mushroom	
19	EPSOM FAMILY MEAL DEAL	£18.95
	2 skewers each of shish kofte and chicken with slices of lamb or chicken doner, salad, pitta bread and humus and 1.5ltr bottle of drink (2-3 persons)	

COMBINATIONS

20	CHICKEN DONER & LAMB DONER	£5.90
21	CHICKEN KEBAB & LAMB DONER	£5.90
22	SHISH & LAMB DONER	£5.90
23	SHISH & CHICKEN DONER	£5.90
24	SHISH & CHICKEN KEBAB	£5.90

STEAKS

25	SIRLOIN STEAK	£8.50
26	LAMB CHOPS (3 PCS)	£6.90
27	T-BONE STEAK	£11.00

CHICKEN & FISH

28	CHICKEN WINGS (6) & CHIPS	£3.80
29	ROAST CHICKEN & CHIPS	£4.95
30	CHICKEN NUGGETS (9) & CHIPS	£4.30
31	CHICKEN BURGER	£2.70
32	CHICKEN SANDWICH	£3.50
	Fresh breast of chicken with salad and mayo	
33	CHICKEN NUGGETS (KIDS)	£2.50
34	FRIED SCAMPI & CHIPS	£4.50
35	FILLET OF COD & CHIPS	£3.50

FRIED CHICKEN

36	1 PC OF CHICKEN	£1.20
37	2 PCS OF CHICKEN & CHIPS	£3.20
38	4 PCS OF CHICKEN & 2 CHIPS	£6.20
39	6 PCS OF CHICKEN & 3 CHIPS	£8.20
40	8 PCS OF CHICKEN & 4 CHIPS	£11.20
41	12 PCS OF CHICKEN & 6 CHIPS	£16.95

BURGERS

42	CHEESE & CHIPS	£2.00
43	1/4 POUNDER	£2.50
44	1/4 POUNDER WITH CHEESE	£2.70
45	1/2 POUNDER	£4.30
46	1/2 POUNDER WITH CHEESE	£4.50
47	VEGEBURGER	£2.50

EXTRAS

48	CHIPS	Small £1.20	Regular £1.70
49	CHIPS IN PITTA BREAD		£2.00
50	SAUSAGE AND CHIPS		£2.50
51	MIXED SALAD		£2.00
52	FETA CHEESE SALAD		£3.00
53	EXTRA PITTA		£0.50
54	POT OF SAUCE Mayo, Chilli, Garlic, BBQ, Burger, Mint, Tomato Ketchup		£0.50
55	DONER MEAT & CHIPS		£4.95
56	CHICKEN DONER MEAT & CHIPS		£4.95

SOFT DRINKS

57	CANS	£0.65
58	1.5 LTR BOTTLES	£1.65
59	STILL WATER	£0.75
60	MILKSHAKES Chocolate, Banana or Strawberry	£1.00

PIZZAS

		9" Medium	12" Large
61	FARM HOUSE Ham & Mushroom	£9.90	£12.90
62	HOUSE SPECIAL	£6.40	£9.40
	Pepperoni, mushroom, green pepper, sweetcorn & tomato		
63	HAWAIIAN Ham & Pineapple	£5.50	£12.90
64	MEAT SPECIAL	£6.90	£12.90
	4 MEATY TOPPINGS - Spicy pork, ham, pepperoni & spicy beef toppings with our special blend of three cheeses		
65	CHEESE DELUXE	£6.80	£12.90
	Double cheese & any two of your favourite toppings		
66	VEGETARIAN SPECIAL	£6.65	£12.90
	Mushroom, onion, green pepper, sweetcorn & tomato with our special blend of cheeses		
67	PEPPERONI PLUS	£6.70	£12.90
	Double cheese & double pepperoni with our special blend of cheeses		
68	VEGETARIAN Green peppers, mushrooms and onions	£6.20	£12.90
69	SPICY HOT	£6.50	£12.90
	Green chilli, spicy beef topping, jalapenos, onions & tomato slices		
70	CHICKEN SPECIAL	£6.10	£12.90
	Spicy chicken, mushrooms, green peppers & onions		
71	SEAFOOD Tuna, prawns & tomato slices	£6.10	£12.90
72	EPSOM SPECIAL 'HOT & SPICY'	£6.45	£12.90
	Chicken doner, green peppers, onions, sliced tomato & jalapenos		
73	CREATE YOUR OWN PIZZA		
	MARGHERITA Cheese & Tomato Sauce	£7.90	£10.90
	EACH ADDITIONAL TOPPING	£0.80	£0.90
	Ham, Pepperoni, Spicy Beef, Spicy Pork, Chicken, Mushroom, Onion, Green Peppers, Tomato Slices, Mozzarella Cheese, Tuna, Prawns, Pineapple, Green Chilli, Black Olives, Anchovies		

CALZONE (Folded Pizza)

74	CALZONE VEGETARIAN	£5.00	£7.00
	Onions, green peppers, mushroom & sweetcorn		
75	CALZONE DELLA	£6.00	£9.00
76	CALZONE HAM & MUSHROOM	£6.00	£9.00
77	CALZONE CHICKEN & MUSHROOM	£5.00	£9.00
78	PIZZA BASED GARLIC BREAD	£2.00	
79	PIZZA BASED GARLIC BREAD WITH CHEESE	£2.95	
80	COLESLAW	£1.75	

PIZZA MEAL 1
ANY 2 MEDIUM PIZZAS
2 PORTIONS OF GARLIC BREAD
1.5 LTR BOTTLE OF PEPSI
ONLY £13

PIZZA MEAL 2
ANY LARGE PIZZA, GARLIC BREAD
AND CHICKEN WINGS
ONLY £12

EPSOM GRILL • 01372 749 561

3 WATERLOO ROAD, EPSOM, KT19 8AY

GREAT GRILL

Epsom Grill offers a wide range of food to choose from to either eat in, take away or get delivered to your door (see below for details of our delivery service).

We're open 7 days a week, from 11.30am until the early morning.

When it comes to food we are a **one stop shop** - if you fancy a kebab, burger, pizza or chicken, tea, coffee, cappucino... *we have it all!*

VIEW FULL MENU INSIDE

DON'T MISS OUT! BUY ANY PIZZA GET 2ND FREE Terms & Conditions Apply

BUY ANY PIZZA GET 2ND FREE

DON'T MISS OUT A GREAT PIZZA OFFER

Terms & Conditions Apply

LUNCH TIME SPECIAL AVAILABLE

FREE HOME DELIVERY

WITHIN A 3 MILE RADIUS ON ORDERS OVER £8
DELIVERY SERVICE AVAILABLE 5pm - 12pm

KEBABS • BURGERS • PIZZA • CHICKEN

EPSOM GRILL

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